Course Title: Mindfulness for Life and Leadership  
Course Code: PDV 107  
Instructor: Kathleen Sexton

Course Summary:

Outcomes participants will experience with this course:

- Learn a variety of mindfulness techniques geared at improving their leadership abilities.
- Explore how mindfulness applied to work may strengthen their leadership abilities by:
  - setting clearer goals and priorities and increasing their strategic thinking,
  - maintaining a sense of calm during conflict and listening better during crucial conversations,
  - managing their stress more effectively, and
  - increasing their emotional intelligence.
- Participants will experience mindfulness and meditation practices in class and between sessions to explore the impact on their life.
- Participants will use the Myers Briggs Type Indicator (MBTI) assessment as a specific tool to examine their reactions to stress, understand their leadership skills and style, and explore what types of mindfulness practices might be best suited to their personality type.
- Participants will learn about insights and practices from noted mindfulness experts.
- Explore what happens when doing a daily practice of mindfulness.

Homework:

- Participants will be asked to complete the MBTI assessment online between week’s 1 and 2.
- Participants will be asked to try a daily mindfulness practice each week and post reflections on the course’s Canvas site.

*Please see course page for full description and additional details.

Grade Options and Requirements:

- No Grade Requested (NGR)
  - This is the default option for this course. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Attend at least 4 out of the 6 of class sessions.
  - Complete the MBTI assessment by the deadline.
  - Respond to weekly Canvas prompts about their reflections on weekly mindfulness practices.
  - Provide a “mindfulness hack” by session 6.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Please contact the Stanford Continuing Studies office with any questions
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<table>
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<th>Class Week</th>
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| Week 1     | • Introduction to course (flow, requirements, scope).  
            • Discuss models, links & impacts between mindfulness and leadership.  
            • Mindfulness practice: Mindful Eating  
            • Mindfulness and application to leadership: What are qualities of a successful leader. Are they related to mindfulness and if so how? |
| Week 2     | • Discuss the neuroscience of mindfulness.  
            • Alphabet of the Heart (Dr Doty)  
            • Mindfulness practice: Self-compassion meditation  
            • Mindfulness and application to leadership: Mindfulness as self-care - what might be the impact on your leadership? |
| Week 3     | • Introduce MBTI. Discuss type, stress, and mindfulness.  
            • Mindfulness practice: RAIN  
            • Mindfulness and application to leadership: Examine how your type acts under stress. How does this influence your leadership style in stressful or uncertain times? |
| Week 4     | • Linkages between Mindfulness, MBTI & Leadership Styles  
            • Mindfulness practice: Breathing techniques  
            • Mindfulness and application to leadership: What are your type’s challenges and blind spots in leadership skills and style? |
| Week 5     | • Linkages between Mindfulness and EI  
            • Practice intuitive & mindful listening  
            • Mindfulness practice: Loving kindness  
            • Case study tying mindfulness and leadership: Applying leadership, EI and mindfulness. |
| Week 6     | • Examine MBTI temperaments and mindfulness activities based on type.  
            • Learn techniques for maintaining a mindfulness practice including an action plan.  
            • Mindfulness practice: Body scan  
            • Mindfulness and application to leadership: How can you bring mindfulness into your organization? |