

Artist Valerie van Mulukom, Andy Warhol for Neuroscience

MINDFULNESS IN LIFE AND WORK



DUKE REUNION WEEKEND

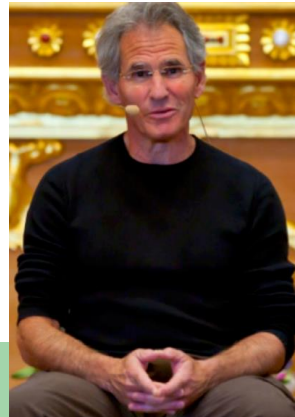
April 2017

Duke
ALUMNI

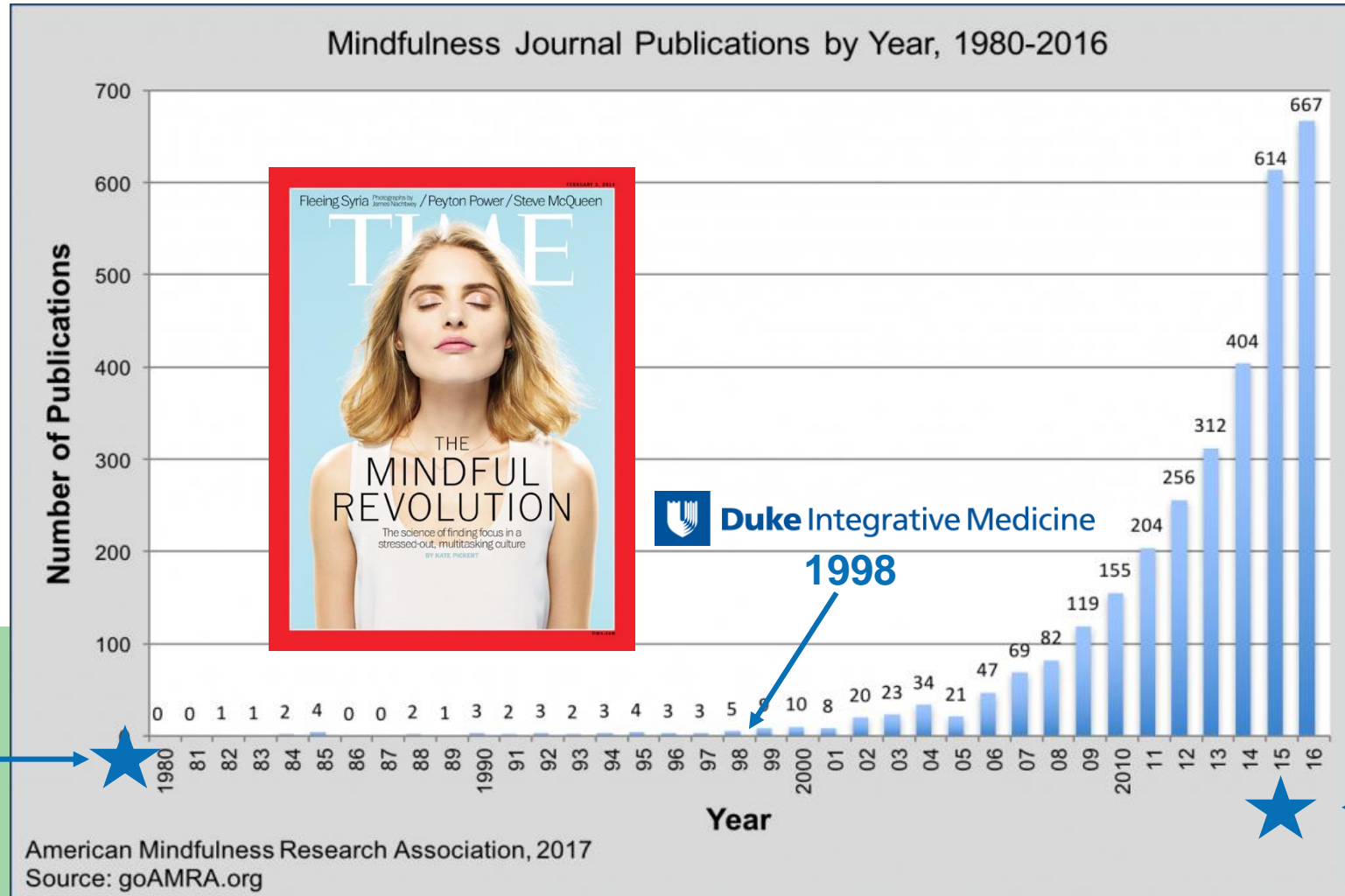
Mindfulness
Meditation
Buddhism



MINDFULNESS: FROM OUTLIER TO MAINSTREAM

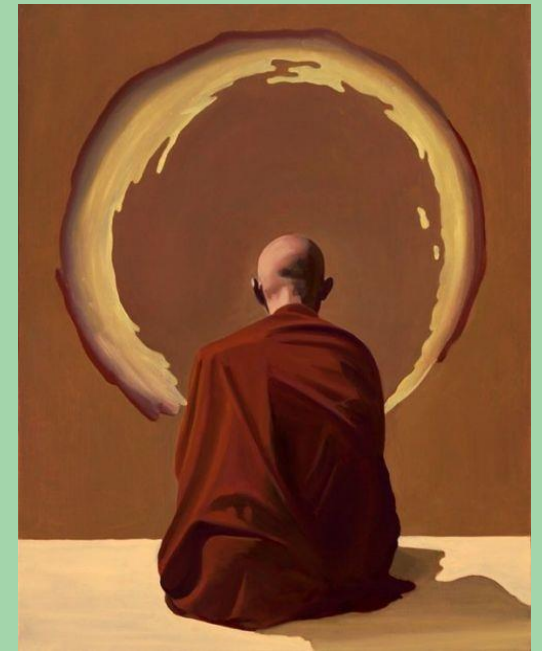


Jon Kabat-Zinn,
UMass,
Mindfulness-Based
Stress Reduction
(MBSR) **1979**



WHY MINDFULNESS? WHY NOW?

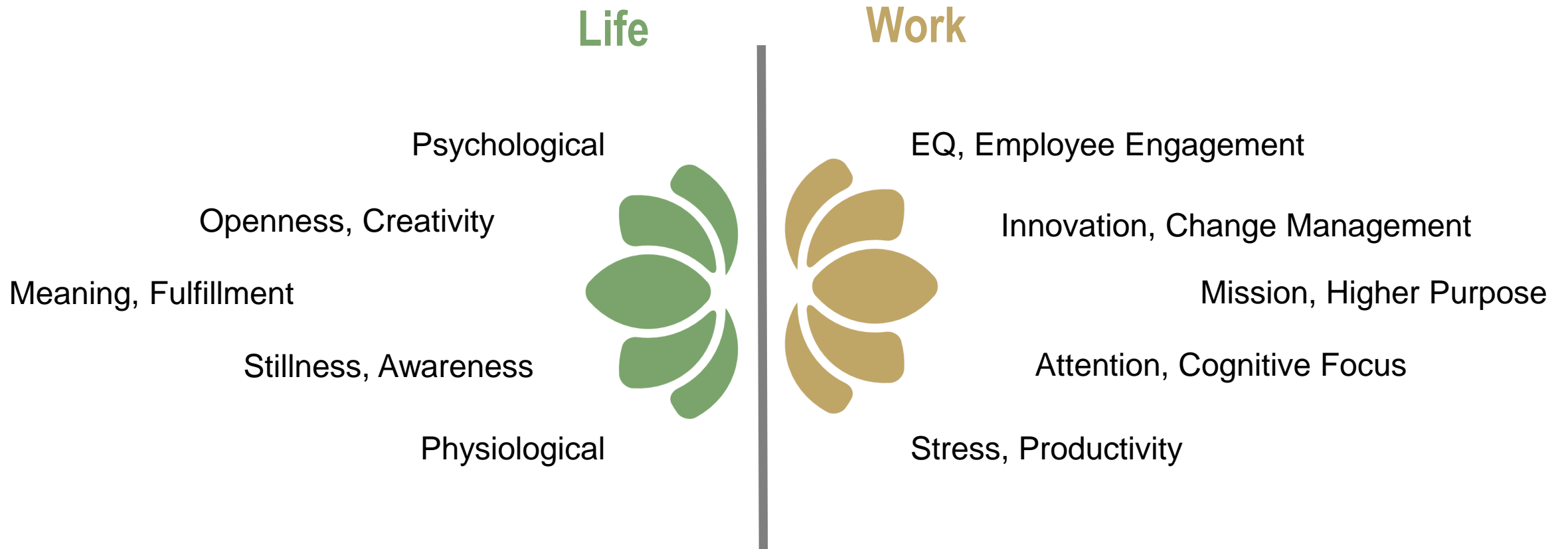
- ❖ Fairly simple instruction.
- ❖ Centered around developing awareness of natural sensory experience in the present moment.
- ❖ Buddhist origins but exists independent of any belief system or adherence to religious doctrine.
- ❖ Increase in daily spiritual practice (Pew Foundation) regardless of religious affiliation.
- ❖ Congruent with modern scientific methodology: discover for oneself through experimentation.
- ❖ It works.
 - Scientific research has substantiated its effectiveness
 - Western medicine has adopted it.
- ❖ Businesses are incorporating it into employee programs.



Artist Ardis Bow

The Buddha taught that we have everything needed for enlightenment within us already.

APPLICATIONS OF MINDFULNESS



MINDFULNESS BASED STRESS REDUCTION



Duke Integrative Medicine

- MBSR can help people who are coping with medical problems, job or family-related stress, and anxiety and depression.
- The majority of participants report lasting decreases in both physical and psychological symptoms.
- Pain levels improve and people learn to better cope with pain that may not go away.
- Most people also report an increased ability to relax, greater enthusiasm for life, improved self-esteem, and increased ability to cope more effectively with stressful situations.

WHEEL OF HEALTH



Self-Care

Professional Care

MEDICAL AND PSYCHIATRIC TREATMENT APPLICATIONS

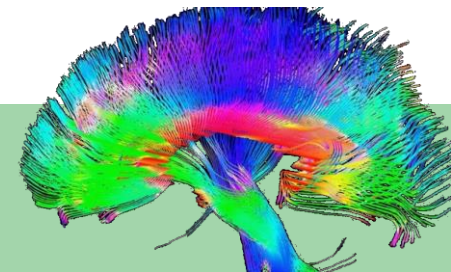


Duke University Medical Center's...MBCT is an empirically validated intervention that was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

MBCT was developed to facilitate recovery from depression (...also anxiety) and prevent future depressive relapses, based on an integration of cognitive behavioral principles and practices and eastern mindfulness practices...designed to increase nonjudgmental, moment-to-moment awareness of bodily sensations, thoughts, and emotions.

Experimentation, treatment and research underway around a wide range of disorders.

- Substance abuse
- Psychosis
- Adjustment disorders
- Cancer
- ADHD
- PTSD
- Diabetes
- Chronic pain
- Fibromyalgia
- Bipolar disorder
- Borderline personality disorder
- Epilepsy
- Addiction
- Eating disorders



MEDICAL & SPIRITUAL PERSPECTIVES

Spiritual



The “Olympic athletes” of the spiritual world

*Joy, Happiness, Contentment
Insight
Peak Experience
Enlightenment*



Artist Anthony Yates
6th Dan Aikido Yoshinkan

Healthcare treatment of diseases and disorders



*Coping
Stress Reduction
Pain Management
Relief of symptoms*



Medical



“MINDFULNESS AT WORK”

“The Secret to Achieving Business Success”

March, 2017

“Fortune 500 companies are now embracing mindfulness as a complimentary approach to goal setting and employee engagement. It goes beyond the traditional goal-directed strategies to address the patterns that keep us stuck in behaviors which negatively impact our focus on work.”

Trend 3: Mindfulness

Fortune estimated that 22 percent of all Fortune 500 companies have already offered mindfulness programs, and that percentage is set to double in 2017.¹²

Why is mindfulness seen as a human resource solution, and how does it tie in with wellness?

Humana®



General Mills

AMERICAN EXPRESS



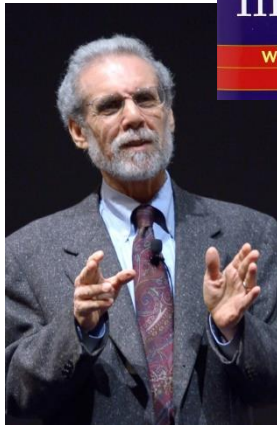
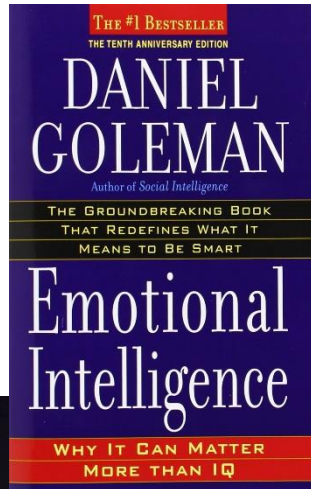
TARGET

Goldman Sachs

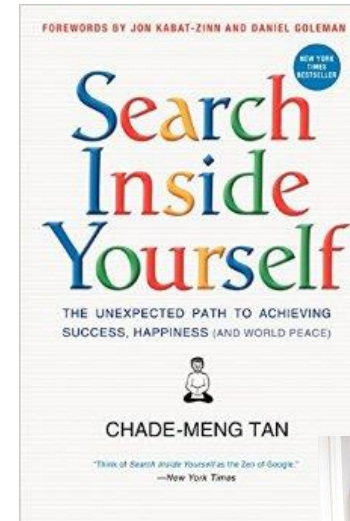


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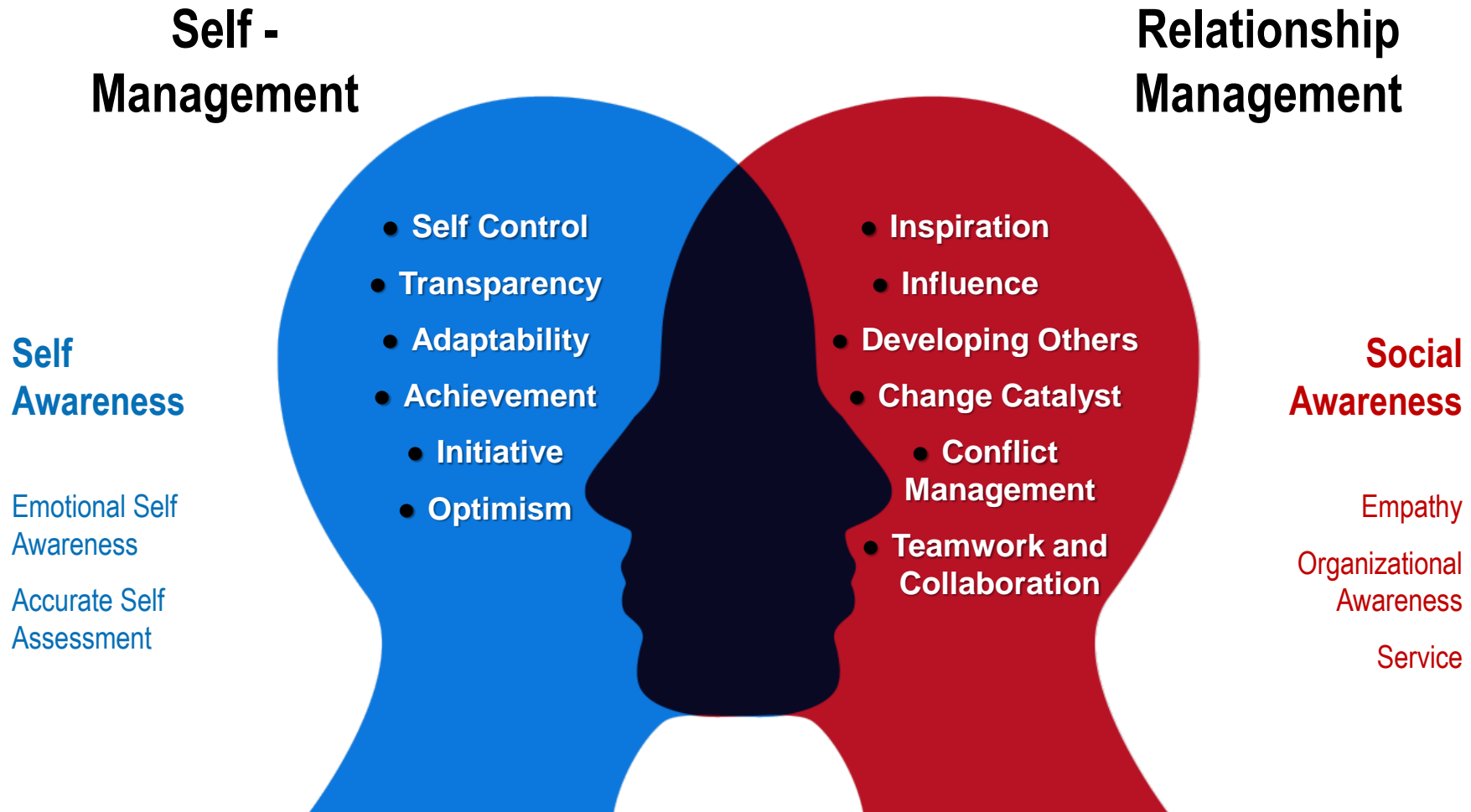
MINDFULNESS AND EQ AT Google



“By branding meditation as a workout for your **emotional intelligence**, Meng was able to angle Search Inside Yourself as a contemplative training program that would help people **better relate to themselves and others**, thus providing a differentiating set of skills in **engineer-heavy cultures** like Google.”



GOLEMAN'S EMOTIONAL INTELLIGENCE MODEL



RESEARCH IN BUSINESS IS NEW AND IS CHALLENGING

“Buddha
On the
Brain”

Wired, 2006



“It ties neuroscience to the first-person research that meditators have been doing for some 2,500 years.”
Google Spokesperson

<http://www.businessinsider.com/search-inside-yourself-googles-life-changing-mindfulness-course-2014-8>

“To this date, there still are no reliable studies confirming that mindfulness training impacts organizational performance or organizational culture in any of the top tier management journals.”

Cutting Through the Corporate Mindfulness Hype

By Ron Purser



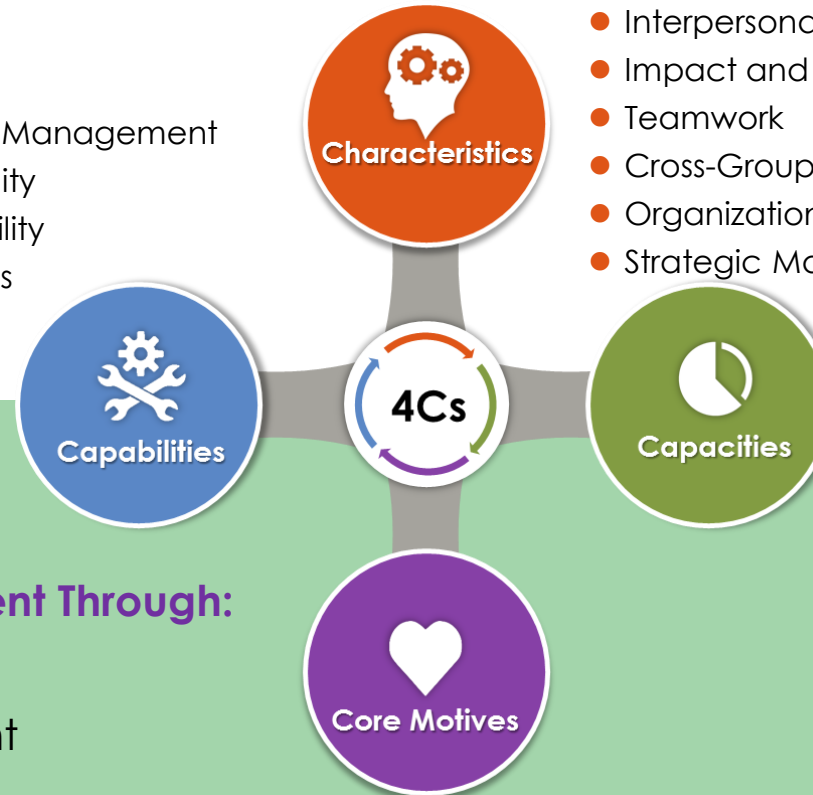
LEARNED V. INNATE LEADERSHIP COMPETENCIES

Capabilities

- Customer Focus
- Team Leadership
- Project and Process Management
- Problem-Solving Ability
- Decision-Making Ability
- Communication Skills
- Self-Change
- Drive for Results

Characteristics

- Confidence
- Interpersonal Ability
- Impact and Influence
- Teamwork
- Cross-Group Collaboration
- Organizational Agility
- Strategic Management



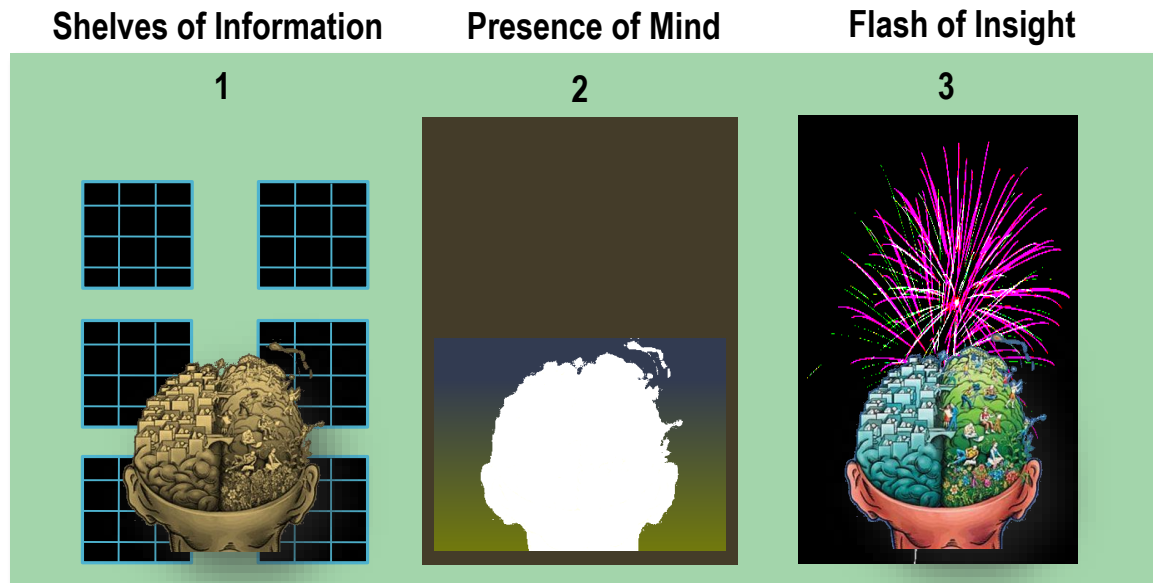
Core Motives – Fulfillment Through:

- Authority: Control
- Authority: Enablement
- Others
- Achieving Outcomes

Capacities

- Intellectual (cognitive, conceptual, ambiguity, creative)
- Emotional (optimism, emotional capacity for self and others)
- Environment (physical, response)
- Openness

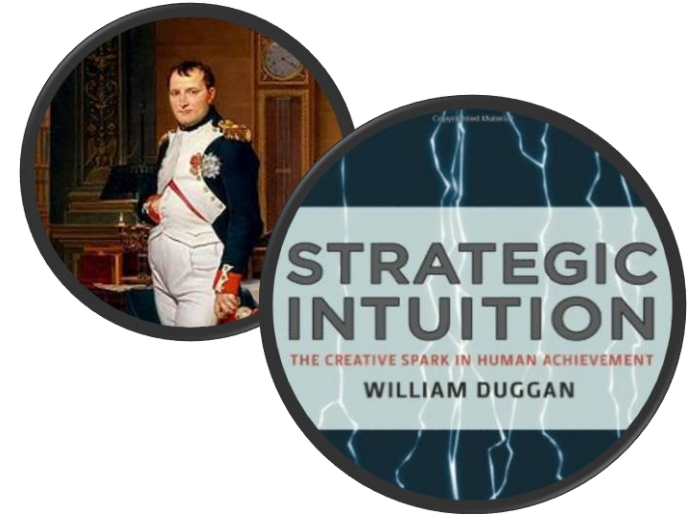
STRATEGIC INTUITION AND “PRESENCE OF MIND”



The mind stores information over time in the “shelves” of the brain

Consciously create or by chance experience a period of time where the mind is relaxed or cleared: “presence of mind.”

Then, different pieces of information selectively move together in the mind to form a flash of insight.



In Duggan’s book, he cites Carl von Clausewitz’s description of Napoléon Bonaparte as a brilliant military strategist. Clausewitz refers to “a glance” -- figuratively an overview or mental grasp. On War, 1832

MINDFULNESS & INSIGHT MEDITATION

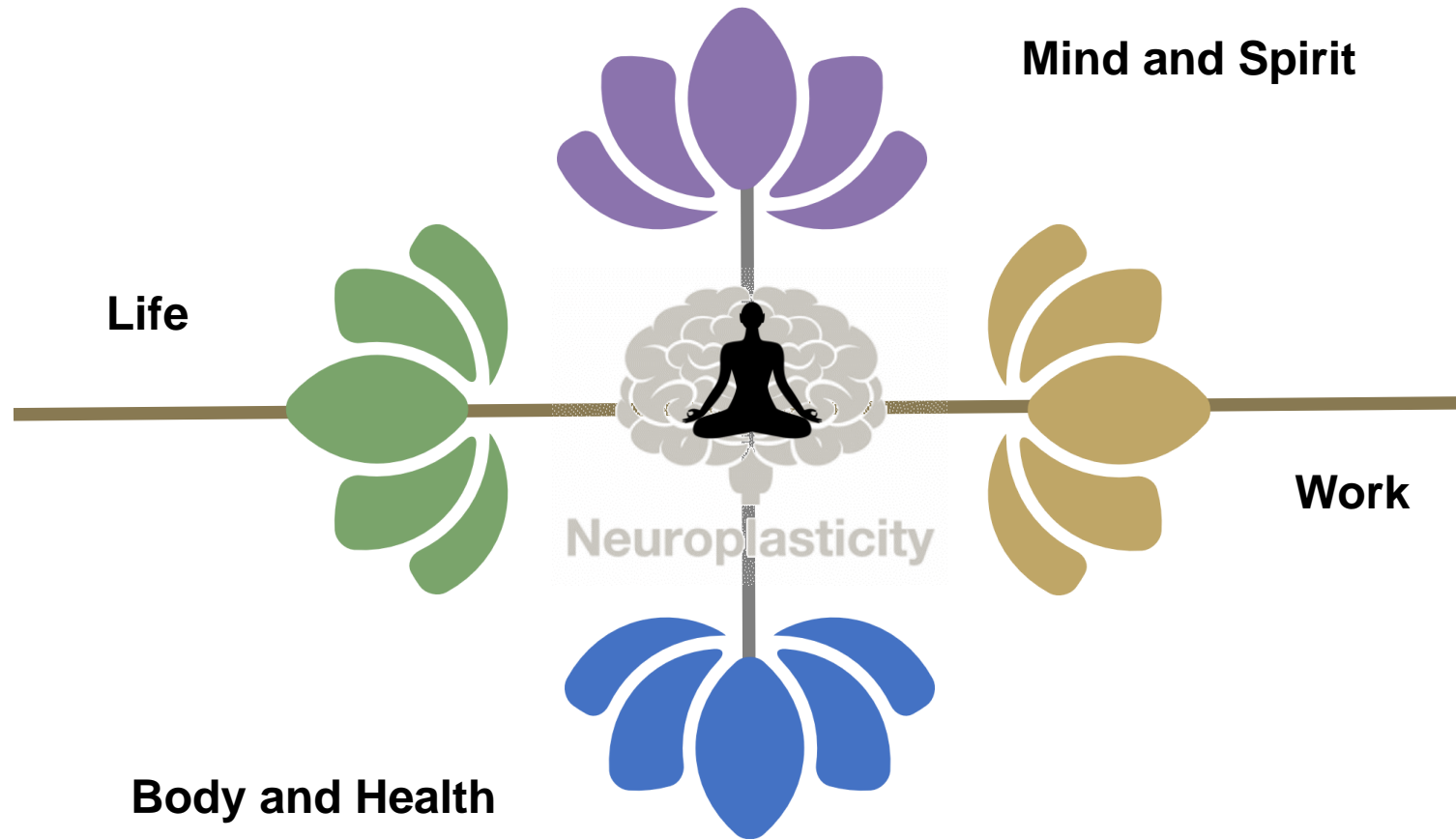
Instead of focusing on a chosen object, as in single-point meditation, choose an area of thought and place it in a large, clear bubble.

- a problem to solve
- a relationship issue
- an idea to explore
- a choice to be made
- an artistic or creative project



“We can use logic and reason to more clearly identify the question at hand, separate it from irrelevant considerations, erase doubt and brightly illuminate the answers.”

A HOLISTIC MODEL OF MINDFULNESS



MINDFULNESS, MEDITATION & BUDDHISM ALUMNI AFFINITY GROUP

....a network of Duke alumni, current students, and faculty who share an interest in mindfulness, meditation, and Buddhist teachings.



Roy Maurer (Duke BA, Yale MDiv. & MBA) is a partner in The Clarion Group, a boutique management consulting firm providing leadership advice to senior executives around Strategy, Organization Structure, Culture and Leadership Development.



Shian-Ling Keng (Duke B.Sc., & PhD in Clinical Psychology), is an Assistant Professor of Clinical Psychology at National University of Singapore. Her research areas include the application of mindfulness-based interventions in mental health.



Sumi Loundon Kim (Harvard Divinity, MA) is the Buddhist chaplain at Duke University and author. Among other writings, she has published two anthologies about young Buddhists: [Blue Jean Buddha](#) (2001) and [The Buddha's Apprentices](#) (2005)

