



WOULD YOU LIKE TO BE A MINDFUL LEADER?

Mindfulness is often viewed as either a touchy-feely fad or valuable management tool that can lift an entire workplace. A new comprehensive analysis of mindfulness research suggests the latter — that injecting a corporate culture of mindfulness not only improves focus, but the ability to manage stress and how employees work together.

CVNL is partnering with Pepperdine University to support research around nonprofit leadership and benefits of mindfulness — **Mindfulness for Leadership Focus & Results** — for up to 16 participants. The class will meet once a week for 60 minutes and focus on new and intriguing aspects of science-based mindfulness practices that are proven to improve your sense of well-being and maximize your potential as a leader in your organization. This is a part of a Pepperdine research study so there will be **no cost** to participate, outside of material fees.

BENEFITS OF MINDFULNESS

- A greater sense of peace, compassion and happiness
- Reduced stress and emotional reactivity
- Increased clarity and creativity
- Deeper meaning and fulfillment in your life and work

WHO SHOULD ATTEND?

If you are a leader (with at least one person reporting to you) and relate to any of the following statements, this course may be for you:

“There are not enough hours in the day to get all that needs to be done. If I could ever get caught up, I would (fill in the blank).”

“Sometimes I can’t seem to get a handle on the stream of thoughts cascading through my brain.”

“I wish I wouldn’t react so much when (fill in the blank) does that in meetings. It can ruin my whole day.”

A similar program was said to be “nothing less than life changing for some participants.”

LOGISTICS

Dates: 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9*

Time: 4:30 p.m. to 5:30 p.m.

Location: CVNL offices — 65 Mitchell Blvd., Suite 101, San Rafael, CA. This class will be taught by a Senior Level Executive Leadership coach.

**If you are unable to participate in the full 8-weeks, there may be another opportunity to be a participant in a shorter study on the same topic.*

To register or for more info:

Please contact Marci Rinkoff at marci.rinkoff@pepperdine.edu

SCHEDULE OF TOPICS

Week 1: Quiet Mind & Presence

Week 2: Intuition & Decision Making

Week 3: Accountability

Week 4: Emotional Balance & the Brain

Week 5: Strategic Clarity

Week 6: Goal Setting

Week 7: The Neuroscience of Empathy

Week 8: Leading with Compassion & Synthesis

ABOUT CVNL

Passion alone isn’t enough when it comes to creating strong nonprofits. We work with aspiring and established leaders every day to help them build the skills and connections that can take their impact to the next level. We look forward to serving you!

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