

## Mindful Leadership Foundations for Equity & Belonging

**Purpose:** To cultivate self-awareness, connection, and compassion through mindfulness practices and dialogue supporting authentic leadership foundations for equity and belonging

**Format:** Cohort model of live, interactive virtual sessions: mindfulness practice + facilitated dialogue

**Primary Audience:** People of all backgrounds who are interested in developing mindfulness-based practices for wellness and for self-awareness to contribute to a culture of equity and belonging

Cohort Dialogue Series	Key Learning Objectives
<p><b>Mindful Leadership Foundations for Equity &amp; Belonging</b></p> <p>8 sessions: 90min/ea; up to 25 participants/ cohort; guided meditation exercises + dialogue</p>	<ul style="list-style-type: none"> <li>● Learn mindfulness practices to reduce stress and develop supportive self-care habits through self-regulation of the nervous system</li> <li>● Develop greater self- and social identity awareness to help counter bias</li> <li>● Strengthen self-compassion and compassion for others</li> <li>● Build relationships that foster psychological safety and a culture of equity and belonging</li> </ul>

### Program Description

"Mindful Leadership Foundations for Equity & Belonging" is a guided mindfulness meditation and dialogue series for the cultivation of calm and compassion, and deepening self-awareness and agency about topics of social equity. Participants learn skills for self-regulating their nervous systems through application in a series of mindfulness practices centering the breath and body. Participants also develop self-awareness about their social identities, biases, and behaviors that support a culture of equity and belonging through facilitated dialogue informed by appreciative inquiry and nonviolent communication.

### Mindfulness Cohort Series Thematic Overview

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| 1. Grounding in Presence and Centering Values | 5. Self-Compassion: Skillful Responses to Stress |
| 2. Mindful Listening, Building Belonging      | 6. Behavior Habits: Power With vs Power Over     |
| 3. Intersectionality and Compassion           | 7. Mindful Solidarity and Allyship               |
| 4. Surfacing and Countering Unconscious Bias  | 8. Affirming Strengths and Agency for Action     |

### Key benefits of mindfulness practices supported by scientific research

- Increase compassion, supporting emotional intelligence and connection with others
- Increase calm and focus
- Reduce stress and anxiety
- Reduce cognitive biases contributing to prejudice