

MINDFUL LEADERSHIP

The stress, pressures, distractions, and complexities that accompany our work and personal lives can take a toll on our minds, bodies, and energy as business leaders. In this interactive workshop, participants will have an opportunity to explore science-based mindfulness practices that can help them optimize well-being & performance, build leadership effectiveness, and positively impact business results.



CLIMB and the CSUSM/UC San Diego Joint Doctoral Program in Educational Leadership present

Shannon Jordan, MA and Christy Cassisa, JD from the UCSD Center for Mindfulness in an interactive session that will help you bring mindfulness to the workplace.



Shannon Jordan offers 25 years of experience in helping people thrive in their professional lives. She is a Board Certified Coach, a National Certified Counselor, and a National Certified Career Counselor. She was on the founding team for Qualcomm's CareerX program, a talent development initiative providing workshops, coaching and assessment to employees across the globe. Shannon is also 1 of only 100 Search Inside Yourself (a science-based mindfulness program that originated at Google) certified teachers around the globe.



As Founder of the Institute for Mindful Works, Christy Cassisa develops and delivers empirically-supported mindfulness trainings that help people lead happier, healthier and more productive lives, both at home and at work. She also helped found and is the current Director of the WorkLife Integration Programs at the UCSD Center for Mindfulness, where she also teaches Mindfulness-Based Stress Reduction classes.

Friday, October, 28, 2016 | 7:30 - 9:30 AM
California State University San Marcos | McMahan House

Free registration at www.csusm.edu/climb.

Registration includes complimentary parking and continental breakfast.

