



Tail of the Tiger



THIRD ANNUAL APPLIED MINDFULNESS CONFERENCE

Communicating The Power of Mindfulness

Presented by Tail of the Tiger at Karmê Chöling Shambhala Meditation Center, Barnet, Vermont, July 22 – 25, 2010

Healthy communication is essential to building healthy social networks and communities. Although each of us has a sense of our particular community, all of us partake in a variety of communities, whether city or neighborhood, family and friends, co-workers, customers, and clients, civic organizations, boards, and committees, and even transitory groups such as the people standing near us in a checkout line. Mindfulness practitioners have the constant opportunity to recognize this multiplicity of connection and bring wakeful presence, humor, and kindness into them all.

In this Conference, participants will have a chance to address challenges faced in their personal and professional lives and be introduced to methodologies for building trust and managing conflict, thereby strengthening the fabric of collaboration in organizations and networks large and small.

Applied Mindfulness Conferences are learning events where mindfulness practitioners from diverse traditions meet to learn from each other, sharing interests, strategies, results, and techniques for

bringing mindfulness to wider audiences in workplaces, professional conferences, therapeutic and social service sectors, health care and other nontraditional venues.

The Conference includes presentations, workshops, panel discussions, and informal ad hoc gatherings. Workshops will share inspiration and useful information and techniques for introducing the teachings of mindfulness widely. Workshop presenters will address a variety of areas, including engaging your **values** in business, **stress reduction**, strategies for business **leadership**, working with **emotional energies**, lessons learned in working with **indigenous communities**, and **small business** leadership.

Program fee: \$295 (includes meals, socials, and seminar materials; accommodations extra)

Sponsored by Tail of the Tiger, a nonprofit educational organization presenting programs joining mindfulness meditation with the arts, professions, business and organizations, and other disciplines.

Call Tail of the Tiger Programs, at Karmê Chöling:

802-633-2384 or visit http://www.taillofthetiger.org/programs/applied_mindfulness_0710.php

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Communicating The Power of Mindfulness: Speakers

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Robert Birkenes | Susan Piver | Susan Skjei



The Mindful Diplomat with Robert Birkenes

Reflecting on his experience as a senior US diplomat in Baghdad, Robert Birkenes will discuss how his practice of mindfulness informed his efforts in

helping tribal leaders and military personnel bridge cultural differences and resolve conflicts.

Robert Birkenes, PhD. is a career foreign service officer at the US Agency for International Development (USAID), currently serving in the Office of Conflict Management and Mitigation based in Washington, D.C. He has worked in Baghdad as the senior development adviser on the Joint Inter-Agency Task Force in Iraq, responsible for designing and overseeing whole-of-government strategies to counter violent extremists. Robert has studied mindfulness meditation in both the Zen and Shambhala traditions.



Living an Authentic Life with Susan Piver

Too often when we leave the emotional content of our communications unattended, we can end up misunderstanding one another, creating unnecessary confusion

and mistrust. Susan's exercises and discussions reveal how the journey through our emotions gives rise to a natural voice of candor, openness and confidence.

Susan Piver is a bestselling author and meditation teacher. She has written for SELF, Oprah magazine, Readers' Digest, and is regularly featured in the media, including multiple appearances on Oprah, the Today show, CNN, and in USA Today, The Wall Street Journal, Time, and Money. She is the author of *The Hard Questions: 100 Essential Questions to Ask Before You Say "I Do"*, *How Not to Be Afraid of Your Own Life*, and *The Wisdom of a Broken Heart*.



Building Mindful Community with Susan Skjei

Building healthy communities requires fostering trust, respecting differences and sharing a vision of human dignity. It also calls for working skillfully with conflict,

misunderstanding and fear. In a two-part session, Susan will guide participants through a series of exercises designed to demonstrate how the power of mindful communication can help build flourishing communities.

Susan Skjei ("shay"), M.S, M.A, P.C.C has been consulting with leaders and executives in businesses, non-profits, and government agencies for over 25 years, is the founder and director of the Authentic Leadership Certificate Program at Naropa University and a founding member of the Authentic Leadership in Action (ALIA) Institute in Halifax, NS, and she has taught hundreds of participants in organizations and executive leadership programs in the United States, Canada and Eastern Europe.

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Communicating The Power of Mindfulness: Workshops

Bill Brauer | Paulette Graf | Hylke Faber | Wendy Jill Krom, M.A. | Trudy Sable, Ph.D. | Irimi Rockwell



Small Business Leadership and the Gift of Mindfulness, with *Bill Brauer*

The ability to apply mindfulness, to be purposefully present in the moment while engaged with others, is an essential skill at all levels in the workplace. In worksites large and small, the successful leader, entrepreneur, manager, or executive is generally perceived to excel in a core set of people management skills, whether in for-profits, not-for-profits, educational institutions, or NGOs.

Small businesses and organizations magnify the challenge because the leader must relate with a broad range of people, including fellow owners, executives, employees, customers, and vendors.

Bill Brauer, a practitioner of mindfulness meditation for 37 years and a teacher of mindfulness seminars throughout North America and Eastern Europe, served as Executive Director of Karmê Chöling from 2003 – 2007. Previously he served as CEO of Dana Home Care (DHC), a for-profit company caring for the elderly in their own homes, and developed a caregiver training program based on applied mindfulness. He is a consulting member of Redirections, Inc., a Chicago based consulting firm serving Fortune 500 clients and providing executive coaching, corporate team building, and communication seminars.



What is MBSR? with *Paulette Graf*

Mindfulness-Based Stress Reduction® (MBSR), a unique synthesis of intentionality skills introduced by Jon Kabat-Zinn, presents practitioners with a powerful framework for cultivating mindfulness based on direct experience of the present moment. Participants will experience a substantial sampling of this method and an opportunity to gain an understanding of the working and training of this practical path of application.

Paulette Graf trained in MBSR at the Center for Mindfulness (founded by Jon Kabat-Zinn at the University of Massachusetts Medical Center) and at Omega Institute. With a BA in Psychology and a background in fine arts, she has pursued the field of meditation for more than 30 years, practicing Zen, Vipassana, Shambhala Buddhist traditions, and is a Shambhala meditation instructor. In New York she has taught at numerous institutions including Barnard College, Kings County Hospital, the Salvation Army, East West Yoga, and the Shambhala Meditation Center of NY.

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Living your Values at Work, with *Hylke Faber*

Explore how to apply values based in genuineness and courage at work, even when facing internal and external pressures. How do you act in full integrity with your values when you are being challenged, whether in conflicts or receiving challenging feedback? How can you tap into your innate genuineness and connect with the creativity and intelligence available in every moment, in every introspection and interaction? How can you have

conversations where both people will feel taller at the end of the conversation?

Hylke Faber, an Axialent Conscious Business Teacher and Shambhala meditation practitioner, will engage participants in a combination of disciplines, including, mindfulness and awareness, Axialent leadership development principles, voice, and movement. Axialent teaches that is possible to integrate material and spiritual wealth. When business is conducted as an expression of your core values there is harmony between material and spiritual wealth. Axialent's clients include Microsoft, Google, Yahoo, Citi and J&J.



Staying Balanced: A Mindful Approach to Life and Work, with *Wendy Jill Krom, M.A.*

We all can recognize those moments in our lives when we feel synchronized or balanced, moments when we can think clearly and creatively; we are open and inviting of others' opinions and ideas; and we have the ability to inspire the best in others. Explore Balanced Leadership Theory and discover some of the benefits of mindfulness and awareness at work. Learn

a contemplative practice to allow for creative insight to arise, and find ways to bring more opportunities for mindfulness to your work.

Wendy Krom, Founder/Director of Community Consulting Services in Cheshire, Massachusetts, has worked in the community leadership development field since 1990, providing training and technical assistance to community groups and organizations in leadership development, strategic planning, and organizing skills. She serves on the leadership council of the Manchester (VT) Shambhala Meditation Group and is a member of the Applied Mindfulness Conference planning committee.

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Opening without Reference Point: Lessons from Indigenous Cultures, with Trudy Sable, Ph.D.

Working skillfully and authentically with indigenous peoples requires willingness to confront our most deeply held assumptions about reality: social norms, emotional expectations, and spiritual views. Mindfulness and awareness practices reveal that such frames of reference are not fixed but can be a

springboard for opening to others on their terms, allowing us to cross between the institutional cultures of universities, governments, NGOs, communities, and business, and apply lessons learned with indigenous cultures to groups focusing on diversity and inclusiveness.

Trudy Sable is an Adjunct Professor of Anthropology and the Director of the Office of Northern and Aboriginal Affairs at Saint Mary's University in Halifax. She has 20 years' experience working with Canada's First Nations and Inuit peoples and indigenous peoples throughout the circumpolar world, Africa, Bhutan and Tibet, building bridges of communication, support and development. Trudy has been practicing Tibetan Buddhism for over 30 years and is a senior teacher of Shambhala Buddhism.



Five Authentic Qualities: Opening to Fully Embodied Presence, with Iri Rockwell

Cultivating five authentic qualities—openness, clarity, richness, passion, and activity—brings us into fully embodied presence. Discovering the particular way we perceive and interact with our world can yield enormous insight into our patterns of behavior, emotions, and relationships. In seeing these qualities in others, we can be more effective in communicating

and working with them. Participants will work with a series of exercises, with partners and in groups, to come into both a conceptual and experiential understanding of the five qualities.

Iri Rockwell, director of the Five Wisdoms Institute, travels internationally as a trainer and coach for personal and professional development in the arts, education, mental health, and leadership. She is author of *The Five Wisdom Energies, a Buddhist Way of Understanding Personalities, Emotions, and Relationships* and a senior teacher in the Shambhala community. She is a long-time faculty member at the Naropa University in Boulder and directed her own dance company in the San Francisco Bay area.

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