mindfulness at work
An International Conference
23 September 2014

The emerging evidence base for
mindfulness in the workplace

Co-hosted with Mindfulnet.org

Transforming knowledge into action
Mindfulness is an increasingly hot topic in the international business press, and there is a great appetite in the UK and elsewhere to engage with it and explore its benefits, as well as growing interest from many different stakeholders in bringing mindfulness into organisations.

But what do we really know about mindfulness at work?

The 2014 Mindfulness at Work conference will help generate answers to this important question. It will provide a platform for:

- Finding out about the latest international evidence base linking mindfulness with workplace outcomes
- Hearing from organisational leaders who have implemented mindfulness programmes in their workplaces
- Gaining first-hand experience of best practice and thought-provoking ideas on how to bring mindfulness into workplaces.

How can we most effectively translate this knowledge into action?

In this conference, we will build on the momentum generated by the 2012 Mindfulness at Work conference and on the considerable knowledge base linking mindfulness with medical and therapeutic outcomes.

From clinical psychology towards workplace solutions

The conference will focus on moving the debate on mindfulness in the workplace to the next level. We will explore existing and emergent models of mindfulness to help generate sustainable mindfulness-based workplace solutions.

Participating in this conference will enable you to:

- Learn how mindfulness models from clinical psychology may apply to the 21st century organisation
- Discover what you need to know about mindfulness and work contexts in 2014
- Reflect on the latest thinking in the field
- Make better informed decisions on what this means for you and your organisation.

Conference Organisers

Juliet Adams
Founder, Mindfulnet.org, organiser of Mindfulness at Work 2012

Dr Jutta Tobias
Lecturer in Performance Management, Cranfield University School of Management.
What can you expect?

This conference will bring together business managers, scholars and policymakers who are interested in mindfulness and its impact on today’s organisations. This one-day conference will feature multiple sessions, ranging from keynote presentations to break-out Masterclasses dedicated to various aspects of practicing, researching, and teaching mindfulness in the workplace.

While the conference timetable is currently being finalised, the day will include:

**Keynote presentations on:**

- Mindfulness in leadership: Challenges and opportunities
- Evidence-based management: What mindfulness researchers and practitioners need to know
- The link between mindfulness and workplace wellbeing and performance
- Mindfulness and policymaker: The national and global agenda
- A panel of senior leaders sharing experiences on how mindfulness is being used within their organisations.

**A choice of Masterclasses including:**

- Mindfulness at work taster sessions
- Innovative approaches to introducing mindfulness in the workplace
- Mindfulness and decision making within organisations
- The latest science on measuring mindfulness
- Adapting mindfulness training for the workplace
- Mindfulness, well-being and resilience
- Making the business case for mindfulness within your organisation
- Using web-based technology to learn mindfulness
- Mindfulness-based innovations in workplace well-being and performance
- Becoming a mindful leader.

“Mindfulness is the process of actively noticing new things. When you do that, it puts you in the present… It’s the essence of engagement.”

**Professor Ellen Langer**

Harvard University
Academics

**Professor David Denyer**
Professor of Organisational Change and Director of Research, Cranfield University School of Management

**Professor Frank Bond**
Director of the Institute of Management Studies, Goldsmiths, University of London

**Dr Paul Flaxman**
Senior Lecturer in Psychology, City University London

**Dr Jeremy Hunter**
Assistant Professor of Practice, Peter F. Drucker Graduate School of Management, Claremont Graduate University, Claremont, CA

**Dr Jo Lloyd**
Lecturer in Occupational Psychology, Goldsmiths, University of London

**Dr Jutta Tobias**
Lecturer in Performance Management, Cranfield University School of Management

**Dr Stephen Whitmarsh**
Postdoctoral Researcher, NatMEG, Karolinska, Stockholm

**Sally Rose**
Manager, Staff Counselling and Psychological Support Service, Leeds University

**Andrew Hafenbrack**
PhD candidate, INSEAD Singapore

**Diana Danziger**
PhD candidate, Cranfield University School of Management

Business leaders and policy-makers

**Congressman Tim Ryan**
Member of the United States House of Representatives, and author of A Mindful Nation

**Dr. David Cox**
Chief Medical Officer, Headspace

**Marion Furr**
Senior Director, Ministerial Business and Parliamentary Accountability, Department of Health

**Krishna Pendyala**
President of Mindful Nation Foundation

**Juliet Adams**
Founder of Mindfulnet.org, and organiser of the 2012 Mindfulness at work conference

**Tracey Reddings**
CEO, JP Morgan Private Bank

**Dr Catherine Kilfedder**
BT Group Wellbeing Adviser

**Karim Pabani**
International CFO

**Sean Gilgallon**
Group H&S Manager, CVS Vets (UK) Ltd

**Emma Wardropper**
HR Advisor, Capital One

**Paul Riches**
BT Group Mindfulness Practice Lead, BT
Practitioners teaching mindfulness in the workplace

Michael Chaskalson  
Director, Mindfulness Works Ltd, and Adjunct Professor, IE Business School, Madrid

Rasmus Hougaard  
Managing Director, The Potential Project International

Louise Chester  
Director and Mindfulness at Work trainer, Mindfulness at work

Mark Leonard  
Director and Mindfulness at Work trainer, The Mindfulness Exchange Ltd

Ed Halliwell  
Author of The Mindful Manifesto

Per Norrgen  
Director and Mindfulness teacher, inMindsight, and Visiting Tutor, Cranfield University School of Management Praxis Centre

Richard Latham  
Director, Wellmind Media

Anne Parker  
Learning and Development specialist, AnneParker.co.uk

Alexander MacKenzie  
Visiting Tutor, Cranfield University School of Management Praxis Centre
Mindfulness is concerned with people’s ability to focus attention on the situation at hand with the intention to observe the judgments we often make so quickly, and choose how to respond appropriately. Developing this ability helps individuals step away from autopilot rote responses, see context and different perspectives more clearly, and make smart decisions.

Why is this conference ground-breaking?

The currently popular perspective of mindfulness has its origin largely in medical and therapeutic models of mindfulness, developed for individuals in a clinical psychology context such as chronic pain management or depression. This approach may not always be entirely appropriate for people in organisations facing today’s workplace challenges.

We will break new ground

Evaluating the evidence base for mindfulness in the workplace from scientific, business, and practitioner perspectives.

Its goal is to put into the spotlight some of the new and emerging insights in the mindfulness at work arena in order to help create the next generation of evidence-based mindfulness interventions in organisations.

Why is mindfulness relevant for organisations?

Interest in mindfulness at work has been growing exponentially in recent years, in the global business world as well as in the scientific community.

Multinational corporations, such as Google, General Mills and Deutsche Bank, as well as UK organisations, such as BT and the Department of Health, are implementing mindfulness programmes aimed at improving the well-being and performance of their employees.

Mindfulness can bring benefits to both individuals and organisations. An increasing body of scientific evidence shows the positive impact of mindfulness at work on such elusive yet critical success factors as:

- leadership
- strategic thinking
- productivity
- interpersonal relationships
- employee health and well-being

This can help generate lower absenteeism and higher organisational performance.
What will you gain?

Mindfulness at work is at the beginning of an exciting and promising phase of growth and development, and we invite you to join us for this one-day conference, where you will:

- Learn about the latest scientific research on mindfulness and how it can benefit you and your organisation
- Discover the different ways in which mindfulness can improve both performance and well-being in the workplace
- Hear the leaders of eminent public and private sector organisations talk about their experience of implementing mindfulness programmes and the challenges they faced as well the benefits they saw
- Develop practical strategies for integrating mindfulness into life at work
- Network with like-minded members from the mindfulness at work community and take away fresh ideas on how to bring mindfulness into your own organisational context.

Who should attend?

Leaders and managers, Human Resources and Organisational Development innovators, researchers, mindfulness practitioners and those interested in a fresh approach to workplace performance.

“Most of the time our attention is not where we intended it to be... Mindful awareness is about learning to pay attention, in the present moment, and without judgement. It’s like training a muscle - training attention to be where you want it to be.”

Professor Mark Williams
Oxford University
Book Now

The conference will take place at Cranfield University, located about halfway between London and Birmingham just minutes away from junctions 13 and 14 of the M1 and within 20 minutes of Milton Keynes and Bedford railway stations.

Conference Fee

Tickets for the Mindfulness at Work Conference 2014 are:

£285.00 per person

The fee includes conference materials, a networking lunch and refreshments.

For more information please visit:

www.som.cranfield.ac.uk/som/mindfulnessconference2014

or contact:

Svetlana Jenkins
Tel: +44 (0)1234 754553

Early bird discount available until 23 July 2014

£199.50

20 discounted student or early career scholars places available at

£142.50

Please contact Jutta Tobias at jutta.tobias@cranfield.ac.uk to express interest in this opportunity.

Book Online

Scan the QR code to use our online booking form.