

# Mindfulness Toward Humanistic Leadership



REDUCED STRESS · GUIDED RESPONSE · ATTENTION REGULATION · COMPETITIVE ADVANTAGE

## PROGRAM OVERVIEW

If you seek greater clarity for problem-solving, decision making, and improved business relationships, then discover—as many others already have—how mindfulness can become a superpower for you. Mindfulness is the ability to know what’s happening in your mind at any given moment without getting carried away by it.

In this 5-week workshop, in just one 1-hour each week, you will learn to enhance your performance with improved emotional intelligence, motivation, and social skills. Our faculty guides you step-by-step in practicing the skills you need to thrive in an often confusing and challenging business world. You will learn greater control of your mental and emotional resilience to take better charge of your moments that matter.

## KEY TAKEAWAYS

Hour 1, Week 1 - What is mindfulness and its benefits, how to begin the practice of mindfulness meditation

Hour 2, Week 2 - In this session we focus on mindfulness of the body, which is where our emotions are stored

Hour 3, Week 3 - In this session we focus on mindfulness of our emotions, and, in particular, how to process difficult emotions

Hour 4, Week 4 - Mindfulness of our thinking - we focus on how to deal with difficult thinking

Hour 5, Week 5 - Mindfulness of mind states, moods and friendly kindness meditation

**DATE:** Tuesday, May 25 – June 1, 8, 15, and 22, 2021

**TIME REQUIREMENT:** 9:00-10:00 AM (PST)  
5, one-hour modules

**LOCATION:** ONLINE LIVE

**WEB PAGE:** [www.marshall.usc.edu/  
MindfulLeadership](http://www.marshall.usc.edu/MindfulLeadership)

## WHO SHOULD ATTEND

This program is relevant to anybody who experiences the human stresses of daily work life. If anxiety and other difficult emotions get in the way of you performing the best, mindfulness practice can help get you back on track to having more passion and inner peace.

## FACULTY

Allen Weiss, PhD, Professor of Marketing,  
USC Marshall School of Business

Allen Weiss is a Professor of Marketing in the Marshall School of Business at the University of Southern California where his research has specialized on decisions in high-technology markets and interorganizational relationships. Allen is also a teacher of mindfulness at InsightLA.org and was promoted to be a senior teacher there in 2014 by Jack Kornfield (one of the most eminent teachers of mindfulness in the world). As a teacher of mindfulness, Allen has taught mindfulness companies and teams through Insight4Peace.com.

Allen is also currently the Director of Mindful USC which brings mindfulness to the University of Southern California. In this role, which is a service of the Provost’s Office, he

### **FACULTY BIO CONT...**

guides the teaching of mindfulness throughout the university and has taught mindfulness to physicians and surgeons in the various hospitals, including Children's Hospital, the Keck School of Medicine and the Los Angeles County Hospital. On the USC main campus, he has taught mindfulness to a wide variety of groups, including veterans, incoming freshman, undergraduate and graduate students, administrators, staff leadership, and faculty in virtually every department on campus. Allen also works with the Chief Diversity Officers in the various schools at USC to bridge mindfulness with diversity and inclusion.

Before joining USC, Allen was a faculty member at Stanford University and a professional musician. Allen has a B.S. in Electrical Engineering from UCSB, an M.A. in Education from Ohio State University and an MBA from the University of Kansas.



### **FACULTY ARTICLES**

Perceptual Dimensions Differentiate Emotions  
Lisa Cavanaugh, Deborah MacInnis, and Allen Weiss

Cognition and Emotion, Forthcoming, June 30, 2015

[https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2624890](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2624890)

Leading with Mindfulness and Compassion  
Allen Weiss

Youtube.com, USC Marshall School of Business,  
October 16, 2014

<https://www.youtube.com/watch?v=Wq1zjBH-PWSA>