

Institute for Mindful Leadership

Good day,

I am looking forward to exploring the relationship between mindfulness and leadership with you at the upcoming conference.

In the week leading up to our time together, I'd like to invite you to participate in an experiment, an introduction to mindfulness that will not take any time away from your schedule. Here it is:

On your drive to and from work each day between now and when we meet, please explore what it's like to drive your car in relative silence. Of course, there will be car sounds, road sounds, and other ambient sounds from the environment. In this instance, "silence" means no radio, pda, CDs, music, iPods or phone calls. In essence, this assignment is simple but not so easy: "just drive." Placing this invitation on your dashboard might be a useful reminder. If you forget the experiment one day, just try it again the next day. See if you can become curious about whatever you notice. If you use mass transportation, this experiment asks you to explore your commute without newspapers, books, iPhones, iPods, etc.

Without self-judgment, try being attentive to thoughts, emotions, strong or mild reactions, body sensations of discomfort or comfort as you experiment. We'll have a conversation about our experimental data during the introductory workshop.

See you soon,

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