

**LIVE VIRTUAL**

Mindfulness Toward Humanistic Leadership

If you seek greater clarity and balance 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 program, you will learn to enhance your performance with improved emotional intelligence, motivation and social skills. Our faculty will guide 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 the moments that matter.

An important aspect of our programs is the ability to share your accomplishment with important stakeholders. Upon completing Mindfulness Toward Humanistic Leadership, you will earn a digital badge recognizing your new proficiency. Share and showcase your achievements by posting your digital badge on online resumes and social networks such as LinkedIn.

Program Faculty

Allen Weiss

Professor of Marketing

Key Takeaways / Curriculum:

- Hour 1, Week 1 – What is mindfulness and its benefits, how to begin the practice of mindfulness meditation
- Hour 2, Week 2 – Mindfulness of the body, which is where our emotions are stored
- Hour 3, Week 3 – Mindfulness of our emotions and, in particular, how to process difficult emotions
- Hour 4, Week 4 – Mindfulness of our thinking and how to deal with difficult thinking
- Hour 5, Week 5 – Mindfulness of mind states, moods and friendly kindness meditation

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 performing your best, mindfulness practice can help get you back on track to more passion and inner peace.

DATES

First Dates – July 25 - July 29 2022

TIME REQUIREMENT

10 live hours total, 5 live sessions of 2 hours each.
There are at least 20 hours of reading and exercises.

PROGRAM COST

\$2,250

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