



2017 **Mindfulness**  
SEMINAR

Insights for Developing and Implementing a  
Successful Corporate Mindfulness Program

30 November – 01 December, 2017  
The Conference Board  
Conference Center  
New York, NY

[www.conferenceboard.org/mindfulness](http://www.conferenceboard.org/mindfulness)

# Seminar Agenda

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## Day One

Thursday, November 30, 2017

Continental Breakfast and Registration: 8 – 9 AM

### MORNING SESSIONS:

#### Mindfulness 101

Experts in the field of mindfulness will cover— the theory, the science, and the corporate data. Participants will also have an opportunity to get a first-hand experience of mindfulness in practice.

9:00 – 9:30 AM

#### Welcome and A Brief Introduction to Mindfulness

Mindfulness is being utilized in more and more corporate settings. This session will offer an overview of the fundamentals of mindfulness theory and how it is being used in the corporate world.

**Erin Olivo, PhD**, Program Director, **The Conference Board**

9:30 – 10:30 AM

#### Making a Case for Mindfulness in Business: The Science

There is a growing body of rigorous research that documents the benefits of mindfulness in and out of the business setting. Dr. Loizzo will provide a deep dive into the science behind mindfulness.

**Joseph Loizzo, MD, PhD**, Founder and Executive Director, **Nalanda Institute of Contemplative Sciences**

Networking Break: 10:30 – 10:45 AM

10:45 – 11:30 AM

#### Making a Case for Mindfulness in Business: The ROI

Many of America's largest, most successful companies are building mindfulness programs for their employees. Companies are finding that a mindful workforce is more productive, less stressed and more focused. This session will review the impact mindfulness programs can have on increasing employee engagement and effectiveness, inspiring sustainable leaders, and growing high-performance teams.

**Erin Olivo, PhD**, Program Director, **The Conference Board**

11:30 AM – 12:00 PM

#### Mindfulness in Action

The only way to truly understand the impact of mindfulness is to experience it first-hand. Our mindfulness experts will guide participants in a meditation practice.

**Joseph Loizzo, MD, PhD**, Founder and Executive Director, **Nalanda Institute of Contemplative Sciences**

Lunch Break: 12:00 – 1:00 PM

### AFTERNOON SESSIONS:

#### Corporate Mindfulness Case Studies And Panel Discussions Focused on How to Plan and Implement a Corporate Mindfulness Program

What do mindfulness programs look like in a hard-charging, results-oriented environment? The case study sessions will offer participants an inside look at how mindfulness is being implemented in a variety of corporate settings. The panel discussion sessions will drill down and address in detail the main issues every company needs to consider when offering mindfulness in the business setting.

1:00 – 1:30 PM

#### Corporate Mindfulness Case Study: Aetna

An inside look at one of the first companies to prioritize mindfulness to such an extent that they appointed a Chief Mindfulness Officer to build their internal programming.

**Andy Lee**, Chief Mindfulness Officer, **Aetna**

1:30 – 2:15 PM

#### Corporate Mindfulness Case Study: Inova Health System

This health system is the largest employer in Northern Virginia and has made wellness programming a priority for its employees. They've built a comprehensive program to address the increasing needs of their workforce.

**Seema Wadhwa**, Asst. VP Sustainability and Wellness, **Inova Health System**

2:15 – 2:45 pm

#### Corporate Mindfulness Case Study: The Port Authority of NY and NJ

This large government agency has embraced the importance of offering emotional intelligence and mindfulness training to its employees. They've built a monthly program open agency-wide and have also begun incorporating mindfulness into their high potential leadership training.

**Einat Harari Parag**, Senior Executive, Talent Management and Leadership Development Programs, **Port Authority of New York and New Jersey**

Networking Break: 2:45 – 3:00 PM

3:00 – 4:00 PM

#### Panel Discussion: Getting Started and Managing Obstacles

The first step in creating a corporate mindfulness program is evaluating how it will fit within the company's current culture. In this discussion, our corporate experts will share how they approached the needs assessment, and goal-setting phase of program development and talk about how they navigated the process of getting approval from their corporate leaders. In addition, our corporate experts will share the solutions they have utilized to market their programs to encourage and increase employee engagement. Discussion will also focus on the obstacles they've encountered and how they managed them successfully.

**Einat Harari Parag**, Senior Executive, Talent Management and Leadership Development Programs, **Port Authority of New York and New Jersey**

**Seema Wadhwa**, Asst. VP Sustainability and Wellness, **Inova Health System**

**Andy Lee**, Chief Mindfulness Officer, **Aetna**

4:00 PM – 4:20 PM

### **Mindfulness in Action**

Our mindfulness experts will guide participants in a meditation practice.

**Joseph Loizzo, MD, PhD**, Founder and Executive Director, **Nalanda Institute of Contemplative Sciences**

4:20 – 5:00 PM

### **Day One Wrap up/Q&A**

**Erin Olivo, PhD**, Program Director, **The Conference Board**

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## **Day Two**

Friday, December 1, 2017

### **MORNING SESSIONS:**

#### **Case Studies and Panel Discussions Focused on How to Plan and Implement a Corporate Mindfulness Program**

We continue with corporate case studies and panel discussions with the corporate mindfulness experts covering the main issues every company needs to consider when offering mindfulness in the business setting.

9:00 – 9:15 AM

#### **Welcome Back and Reflections from Day One**

**Erin Olivo, PhD**, Program Director, **The Conference Board**

9:15 – 9:45 AM

#### **Corporate Mindfulness Case Study: IBM**

The mindfulness programming at IBM began as a small grassroots effort and has now grown into a much larger endeavor with over 50 groups involved in promoting resilience, well-being and leading with intention.

**Vicki Flaherty, PhD**, Leadership and Management Development, **IBM**

9:45 – 10:15 AM

#### **Corporate Mindfulness Case Study: The Bill and Melinda Gates Foundation**

This organization is focused on making a global impact and has now also made a commitment to making a distinct impact on the health and well-being of its key stakeholders. Ms. Comen has helped design mindfulness programming in a number of successful corporations and is now helping this important non-profit organization do the same.

**Anakha Comen**, Learning and Organizational Development, **The Bill and Melinda Gates Foundation**

10:15 – 10:45 AM

#### **Corporate Mindfulness Case Study: Google**

An inside look at one of the first organizations to offer mindfulness in the corporate setting. Google has created *the* gold standard for mindfulness programming and even now they continue to innovate and expand what they offer their employees.

**Ruchika Sikri**, Manager, Sustainable Performance and Well-being Learning, **Google**

Networking Break: 10:45 – 11:00 AM

11:00AM – 12:00PM

#### **Panel Discussion: Best Practices**

In this discussion, our corporate experts will share what they have found to be the most important elements to include when designing a comprehensive and effective mindfulness program.

**Vicki Flaherty, PhD**, Leadership and Management Development, **IBM**

**Anakha Comen**, Learning and Organizational Development, **The Bill and Melinda Gates Foundation**

**Ruchika Sikri**, Manager, Sustainable Performance and Well-being Learning, **Google**

12:00 PM– 12:30 PM

#### **Mindfulness in Action**

Our mindfulness experts will guide participants in a meditation practice.

**Einat Harari Parag**, Senior Executive, Talent Management and Leadership Development Programs, **Port Authority of New York and New Jersey**

Lunch: 12:30 – 1:30 PM

1:30 PM– 2:30 PM

#### **Panel Discussion: How to Evaluate and Sustain A Corporate Mindfulness Program**

One of the important key elements to consider when creating any corporate program is how you plan to evaluate it. Our corporate experts will discuss the goals they set for their programs and what mechanisms they've put in place to measure them. We will also hear about their vision for how they hope to guide their programs in the future.

**Andy Lee**, Chief Mindfulness Officer, **Aetna**

**Vicki Flaherty, PhD**, Leadership and Management Development, **IBM**

**Ruchika Sikri**, Manager, Sustainable Performance and Well-being Learning, **Google**

## **PARTICIPANT-FOCUSED AFTERNOON SESSIONS:**

### **Brainstorming and Applying What We've Learned**

In these roundtable discussions, participants will have an opportunity to break into small groups to begin brainstorming how they can apply the knowledge they've gained in the last day and a half to their own business setting

2:30 – 2:45 PM

### **Introduction to Brainstorming sessions and break in to small groups**

2:45 – 3:00 PM

### **Small Group Discussion: What's working best?**

Participants will each share what is working well in their attempts to bring mindfulness to their company. Groups will then have an opportunity to report back the highlights of their discussion to the larger group

Break: 3:00 – 3:15 PM

3:15 – 4:00 PM

### **Small Group Discussion: What's challenging?**

Participants will each have an opportunity to ask the group for input to help them overcome challenges they've encountered or brainstorm an idea of something they'd like to implement in their business setting. Groups will then have an opportunity to report back the highlights of their discussion to the larger group.

4:00 – 5:00 PM

### **Wrap Up/Q&A and a Final Practice**

**Erin Olivo, PhD**, Program Director, **The Conference Board**

# REGISTRATION INFORMATION

**Online** [www.conferenceboard.org/mindfulness](http://www.conferenceboard.org/mindfulness)

**Email** [customer.service@conferenceboard.org](mailto:customer.service@conferenceboard.org)

**Phone** 212.339.0345

*8:30 am – 5:30 pm ET, Monday – Friday*

<b>Pricing:</b>	
<b>Members</b>	<b>\$1,795</b>
<b>Non–Members</b>	<b>\$1,995</b>

Fees do not include hotel accommodations.

## Location

### The Conference Board Conference Center

845 Third Avenue

(Between 51<sup>st</sup> and 52<sup>nd</sup>) 3<sup>rd</sup> Floor

New York, NY 10022

Tel: **(212) 339-0345**

## Cancellation Policy

Full refund until three weeks before the meeting. \$500 administration fee up to two weeks before the meeting. No refund after two weeks before the meeting. Confirmed registrants who fail to attend and do not cancel prior to the meeting will be charged the entire registration fee.

## Team Discounts per Person

For a team of three or more registering from the same company at the same time, take \$150 off each person's registration. One discount per registration. Multiple discounts may not be combined.