



Mindfulness: Leading and Mentoring

Annual Business Meeting

NAEA 2015

Women's Caucus

Mindfulness

- Is a “moment-to-moment non-judgmental awareness, cultivated by *paying attention* in a specific way, that is, in the present moment...and open heartedly as possible” (Kabat-Zinn, p. 108).
- is a quality of mind...refined through practice. (Kabat-Kinn, p. 109)
- Cultivated through being in touch with our bodies, feelings, thoughts– and through our professional practice.

Mindfulness

is a tool for understanding and UNLEARNING internalized oppression; cultivating compassion....Oppression does not operate on an intellectual level....Mindfulness teaches non-judgmental awareness...accepting what is (Barilla, 2014).

Activity-Paying Attention to NOW

- o 5-10 minute *breathing*.
- o *With eyes closed or open looking downward, Sit comfortably, supported and close your eyes. Breathe deeply and center yourself, letting go of all worries and thoughts.*
- o *Breathe in and out....allowing it as it is...fast or slow...noticing... As you drift to thoughts, return to breath.*

ACTIVITY:

Paying attention: Practicing *Kindness* to Self & Other

- o Place the palm of your hand over your heart. With eyes closed, Say a few words to wish yourself well:
- o Take your time, wishing yourself well. Tap into your “Inner YES!”
- o We experience a similar feeling when we extend good wishes to another.
- o Try the exercise above by sending wishes of kindness to someone. Genuinely wish him or her well.
- o Adapted from exercises on:
o <http://www.mindful.org/mindful-magazine/rouse-your-generosity-and-kindness>

ACTIVITY:

Practicing Generosity

- o “The experience of generosity is one of shared, participatory abundance. Not that *I* am being generous to *you*, [or you are being generous to me], but we *experience un-owned shared richness*. We participate in atmospheric abundance...Generosity simply exists in the environment; both receiving and giving are selfless.”(Brown, n.d).
- o The ‘unowned shared richness’ is within our WC community. Take a minute to acknowledge it.

ACTIVITY₂:

Practicing Generosity

- o Pema Chodron once suggested that anytime you experience joy, whether it be laughing at a good joke, seeing something beautiful, or taking pleasure in a delicious meal, you really take notice of it. Really feel it in your heart and say to yourself, "*May other people feel this too.*"
- o Think of something you experienced with joy and send the wish to others.

Activity 3: Generosity

- o It is in the way we respond to others in teaching or leading that we practice generosity. We can *pause* in our responses long enough to hear others and to tune in to their basic goodness, rather than just reacting,
- o *Receiving in itself can be an act of generosity.*
- o With a partner, brainstorm ways you can *pause* to receive others in a new way that honors their basic goodness.

Practicing Gratitude

- Gratitude is appreciation and acknowledgement for all that you have in this present moment.
- On a pink piece of paper, take a moment to write one thing you are grateful for and that you would like to share with the group.

Mindful leading and mentoring...

How can we individually and collectively practice mindful leading and mentoring?

How and where can we share about these practices?

WC Blog? Other?

MINDFUL CITING

Men set their own cites high: Gender and self-citation across fields and over time

(2010) King M, Correll, S; Jacquet, J. Bergstrom, C; West, J.

- o In almost all academic fields, men cite their own research papers at a higher rate than women do.
- o Using a dataset of 1.6 million papers in the scholarly database JSTOR, we present results across dozens of academic subfields. **Despite increased representation of women in academia, the gender gap in self-citation rates has widened over the last 50 years; 10% of cited articles are self-citations by a paper's authors.**

Final thought...Mindfully citing...

- Citations are a measure of influence in a field.
- Gender citation gaps exist in many disciplines.
- Only 30% of female author/scholars cite their own work.
- Men cite themselves 50 x more than women.
- **Cite yourself!!!! Gender equity in syllabi resources!!! Gender equity in manuscripts!**

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