



**Oxford  
Mindfulness  
Centre**

# **MINDFULNESS FOR LEADERS**

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## **MASTERCLASS**

**with Michael Chaskalson  
and Megan Reitz**



**When:** 22<sup>nd</sup> August '19  
**Where:** Oxford

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Megan and Michael designed and co-led the world's first trial of an 8-week Mindful Leader programme and between them have considerable experience teaching mindfulness to organisational leaders.

They'll share their methods, results and their developing model of Mindful Leadership. They will describe, using their evidence, how mindfulness impacts capacities which are

considered as vital for leaders in the 21st Century. Given that their research indicates the importance of practice, they will also advise how mindfulness interventions should be introduced to leaders in a way that encourages them to practice in a sustainable way.

The day will be highly interactive and will include several experiential and small group discussion components which will assist application.



**Megan Reitz** is Professor of Leadership and Dialogue at Ashridge where she speaks, researches, consults and supervises at the intersection of leadership, change, dialogue and mindfulness. She has presented her research to audiences throughout the world and is the author of *Dialogue in Organizations* (2015) and co-author of *Mind Time* (2018) and *Speak Up* (2019).

Before joining Ashridge, Megan was a consultant with Deloitte; surfed the dot-com boom with boo.com; and worked in strategy consulting for The Kalchas Group, now the strategic arm of Computer Science Corporation.



**Michael Chaskalson** is a pioneer in the application of mindfulness to leadership and workplace contexts. Professor of Practice adjunct at Hult Ashridge Executive Education, an Associate at the Møller Institute at Churchill College in the University of Cambridge, and CEO at Mindfulness Works Ltd., he is the author of several books on mindfulness - in general and at work.

Based on his more than 40 years of personal practice of mindfulness, Michael has delivered mindfulness training to leaders and other executives in organisations around the world.

## MINDFULNESS FOR LEADERS

This class is aimed at mindfulness teachers wanting to bring their work to leadership as well as leaders who want to bring mindfulness into their organisations. Leaders need to have a strong grounding in mindfulness theory and practice as well as being interested in the 'business case' for mindfulness and the different sorts of interventions that are possible and appropriate.

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**Fee**  
**£130 (including lunch)**

For more information and booking details visit the OMC website at **[oxfordmindfulness.org](http://oxfordmindfulness.org)** or telephone 01865 613157 or contact us at **[admin@oxfordmindfulness.org](mailto:admin@oxfordmindfulness.org)**

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#### **KEEP IN TOUCH:**

We have a newsletter to share all our developments on a regular basis, please visit the website to sign up and keep in touch.

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