



Panel: Meditation, Mindfulness, & Leadership



Hear thoughts on the differences and benefits of mindfulness and meditation, and how to create time to integrate them into your daily life.

Shelley Pearce LMFT: Integrative Psychotherapist, Educator, Counselor, Community Leader, and Interfaith Minister

- Mindfulness is a foundation for meditation. Both are tools to regulate stress in “optimal zones.”
- Breath work and gratitude practices, in cultural contexts, are accessible and available immediately.
- Well-attuned communication of your inner space creates more compassionate learning and listening environments.
- **TIP: “A deep forward bend and breath.”**

Miles Kessler: Teacher of Aikido (6th dan), Meditation, and Integral Practice, and Founder of the Integral Dojo

- Mindfulness is very broad, meditation is very deep: a few moments, every day, anywhere.
- Grounded leaders, who practice mindfulness and meditation, facilitate growth, evolution, and holistic complexity within spaces which creates functional, emotionally literate, and efficient organizations.
- **TIP: “Embodiment, like meditation, is a inside job.”**

Fleet Maul: Meditation and Embodiment Teacher, Developer of Neuro-Somatic Mindfulness (NSM) and Author of Radical Responsibility

- Mindfulness is innate, specific, and stabilizing; awareness is panoramically layered; meditation is a practice.
- Mindfulness can be integrated daily. Breath regulation and body anchoring are accessible to attune the body.
- Mindful, whole-self leaders embrace practices of mindfulness to create safe environments where people thrive.
- **TIP: “Focus on deep embodiment, as we’re feeling beings, we feel deeply.”**

Paul Sugar: Founder and Director of the Scottsdale Institute for Health and Medicine Center for Mindfulness.

- Mindfulness is a foundation for meditation, with four components: the body, thoughts, emotions, and breath.
- Stress dysregulates. With mindfulness, the body will attune and regulate an ‘in flow’ state.
- Find what motivates you, link how mindfulness helps reach your goals, then bring attention in every daily moment.



- **TIP:** The importance of taking care of ourselves first, before taking care of others: “**Mindfulness practice.**”

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