

Mindful Leadership

Using Yoga and Mindfulness Techniques to Enhance Leadership

Skills in College Students

Purpose

Introduce a mindful leadership workshop using yoga, meditation, and mindfulness techniques to teach students how to deal with the stress they may face in the workforce.

Results

- Students took notes without being asked.
- Students remained participatory.
- Students wanted us to repeat the activity.

How it Works

Six Phases:

- Body Scan
- Energy Check-In
- Scale of Sensation
- Yoga Section
- Hindrances
- Wrap up



"I learned how great it is to take a break and meditate to collect my thoughts, clear my mind, and reset my focus"

"Made me feel relaxed and I have taken her advice to do stretch in the morning to help with my day."

Future Plans

- Wear sportswear
- Yoga mats
- Writing utensil
- Large room
- Provide water and snacks
- Dim lights
- A high-quality microphone

Costs

- Instructor: \$400/2 hours
- Room: \$50
- Meetings: 4 hours



Phase 2- Energy Check -In

Amy M. González Morales
Faith Vawter
Haley Q. Traini
Jonathan J. Velez



**Oregon State
University**