



In Corwin Pavilion

GROWTH SUMMER 2017

SESSION ONE: JUNE 20 FROM 10AM-12PM

THE SPIRIT OF UBUNTU: THE EIGHT KEYS TO CREATE A WORKPLACE CULTURE OF UNSTOPPABLE POSITIVITY

In this workshop, Shola will introduce the participants to the team enhancing concept of UBUNTU (an African word which translates to “I am, because we are.”) Additionally, Shola will introduce the eight transformative keys of UBUNTU, and demonstrate how anyone can immediately use those keys to make a lasting positive change on his/her work team regardless of job rank, years of experience, level of education or professional title. Additionally, Shola will present three strategies to help the participants to deal more effectively with the most difficult people in their lives (professionally or otherwise), while also ensuring that the participants stay committed to putting these keys into action long after the workshop ends.

SESSION TWO: AUGUST 29 FROM 10AM-12PM

WIRED TO GROW: THE NEUROSCIENCE OF LEARNING

Recent developments in neuroscience illuminate how the brain learns, builds memories, and develops habits. This research is shaping how learning should be designed by educators and experienced by learners. Some scholars argue that learning should now be defined as “an event that produces a permanent neurological change.” This session will identify key findings on the neuroscience of learning and how these principles can enhance instructional design and delivery in education and workplace settings, including the powerful benefits of blended learning, microbursts and the flipped classroom. In addition, discover how to enhance your own learning through simple techniques and strategies.

SESSION THREE: SEPT 12 FROM 10AM-12PM

UNLOCKING THE POWER OF MINDFUL LEADERSHIP FOR 21ST CENTURY LEADERS

Mindfulness has emerged as a key skill for leaders, turning you into a presence others can truly count on for intelligent decision-making and quality of life in business and education. How does a leader begin to turn the corner toward deeper, broader and more authentic leadership presence when the territory ahead is uncharted and past approaches unreliable? How does a leader cultivate focus and awareness that are the basis for long-term inspiration, motivation and trust? This workshop is designed specifically to introduce leaders like you to the practice and science of mindfulness and mindful leadership. During the workshop you will expand your leadership acumen and skills, increase your capacity for trust building, learn to better deal with uncertainty and change, increase your emotional intelligence (EQ), cultivate mindful self-awareness and effective communication. Participants will receive practice instruction and a clear framework for cultivating mindful leadership going forward.

Presented by the Vice Chancellor for Administrative Services in partnership with Human Resources. All staff are invited to attend these sessions which will be held in Corwin Pavilion.

FEATURING THE FOLLOWING SPEAKERS:



SHOLA RICHARDS

**Director of Training at
UCLA Health & Positivity Writer**



BRITT ANDREATTA

**Internationally recognized
thought leader, author and
speaker formerly of UCSB,
Lynda.com & LinkedIn**



DAWA TARCHIN PHILLIPS

**Founder/CEO of Empowerment
Holdings, CO-Founder of The
Mindful Leadership Online Train-
ing Conference and UCSB Center
for Mindfulness and Human Po-
tential**