

# Wellness Symposium Agenda

NACD | GLOBAL BOARD LEADERS' SUMMIT | SEPTEMBER 21 - 24, 2019 | WASHINGTON, DC

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## SATURDAY, SEPTEMBER 21, 2019

11:00 a.m. – 11:05 a.m.

### Welcoming Remarks



**Jesse Rhodes**

Managing Editor, NACD

11:05 a.m. – 12:00 p.m.

### Mindful Leadership: Finding the Space to Lead

Board service requires clear, conscious assessments and intentional choices in the face of fast-moving events, uncertainty, and even crises. Mindfulness exercise has been demonstrated to help leaders see issues more clearly to focus better on what is important; it also helps leaders to foster greater creativity and embody compassion. When we strengthen our mind's capabilities through focused mental exercise, we become better equipped to manage our challenges, whether in the boardroom or in life. Join Janice Marturano, founder of the Institute for Mindful Leadership and author of *Finding the Space to Lead* (2015), to hear the latest research on mindfulness training for leaders and experience how mindful leadership training can increase your own innate ability to lead and live with excellence.



**Janice Marturano**

Founder and Executive Director, Institute for Mindful Leadership

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12:00 p.m. – 12:45 p.m.

### Networking Break

*Lunch is provided.*

12:45 p.m. – 1:30 p.m.

### Addressing Burnout in the Workplace

According to a recent study, two-thirds of workers are experiencing job burnout. Ninety-five percent of human resource managers view employee burnout as a major challenge to workforce retention, a trend which is hitting the youngest generations the hardest. This is a crisis that deserves board-level focus. How can your executive team make significant progress toward strategies and goals if they are exhausted, disinterested, just going through the motions, or struggling to keep their heads above water? How can your corporation thrive if it's "running on empty"? Join this enlightening workshop and discover proven insights and models to create a compelling work culture that addresses and abates burnout. Greg Zlevor, founder and president of Westwood International, will share elements of a flourishing organization, challenges that get in the way, keys to assessing a disengaged workforce, and questions to ask management that will spur a thriving and flourishing culture.



**Greg Zlevor**

CEO and President, Westwood International

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1:30 p.m. – 1:45 p.m.

### Networking Break

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1:45 p.m. – 2:45 p.m.

## Peer Exchange: Resiliency for Trailblazers

As a board member, you inherently possess the trailblazer qualities of being able to lead, transform, and innovate. As a trailblazer, how can you thrive while overseeing difficult, unexpected, and/or stressful situations? How can you simultaneously manifest inner peace and optimize your work/life balance? Adding resiliency to the trailblazer toolbox is an essential step in offsetting imbalances and achieving holistic well-being. Join certified yoga therapist and recovering workaholic Marsha D. Banks-Harold for an exploration of how to respond to interrupted success, how to move to the next level of achievement, and how to command inner peace and balance in your professional and personal life.



**Marsha D. Banks-Harold**

Owner, PIES Fitness Yoga Studio; Director, PIES Fitness Yoga School

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2:45 p.m. – 3:00 p.m.

## Networking Break

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3:00 p.m. – 3:45 p.m.

## Mindful Creativity

As board members, cultivating and encouraging a culture of innovation is a worthwhile but daunting mission. Understanding mindful creativity may be one of the keys to unlocking your own inner spark as well as inspiring the creativity you wish to see throughout the organizations you serve. Artist and mindfulness teacher Ananda Leeke will discuss how to overcome creative blocks, focus concentration, embrace new ideas without judgment, and lead by example through awareness and expression of creativity.



**Ananda Leeke**

Mindfulness Teacher, Artist, Author & Digital Strategist; CEO, Ananda Leeke Consulting

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3:45 p.m.

## Symposium Concludes

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