

Mindfulness in Business Track

Session 1: 9:00-10:15am

Name, Title, Affiliation:

Debra LeClair, Psy.D., Principal of Full Spectrum Wellness, LLC and Executive Coach and Facilitator for Sojourn Partners

Title of session:

“The Mindful Practice of Conscious Leadership”

Brief description of session:

Whether you are on the front line, managing at mid-level, or leading from the c-suite, we all want to integrate capitalism with compassion and productivity with personal growth. Learn how conscious leaders are tapping into mindfulness to bring value to their people, community, and planet while sustaining alignment with creating profit.