



meditatio  
Executive Leadership Program



LEADING FROM THE CENTER



While meditation is simple, like anything transformative it calls for discipline. The course teaches how to meditate and why embracing the discipline in daily life leads to growth, balance and enrichment.

LAURENCE FREEMAN OSB



Outreach of **meditatio**  
The World Community for Christian Meditation



EXECUTIVE  
LEADERSHIP  
PROGRAM

## Leading from the Center

Meditation transforms individuals. It is a simple discipline that develops clarity of mind, giving us the ability to transcend the ego and engage from a space where we are better able to perceive reality clearly and objectively. Meditation improves health and provides a sense of personal well-being. Not surprisingly, therefore, it is a practice that is relied upon by an increasing number of leaders.

Ray Dalio, Founder of Bridgewater Associates, credits meditation as *“the most important reason for whatever success I have had... It has given me centeredness, creativity, peace and health.”*

Many strong leaders lead from the front but the best leaders also lead from the centre. Personal balance and integration underlie the most effective leadership in all fields of work and where leadership is understood as service the best results are achieved for the greatest number.

## Enlightened Leadership TODAY

The world is ever more complex and its rates of change are ever increasing. Solutions to the world's challenges, social, political and economic, need to be multi-disciplinary and, of course, multi-national. The growing feeling that we are losing control of the problems and their solutions creates a sense of fear and vulnerability at all levels of society. One very visible sign of this crisis is the level of stress and personal imbalance in the lives of executives.

High performing corporations are seeking ways to respond to this situation. Executive leaders need not only strong cognitive functioning, creative thinking and high levels of productivity, but also inner stability and emotional intelligence. Such enlightened leaders will understand the relationship between business success, social responsibility and that vision of the greater good which begins with the management of self and gives the human being their fullest sense of meaning and happiness.



Meditation is a life skill, crucial to the management of self that leads to wiser and less ego-centric leadership.

PETER NG KOK SONG  
CHAIR OF GLOBAL INVESTMENT  
SINGAPORE GOVERNMENT  
INVESTMENT CORPORATION

## The Meditatio Executive Leadership Program

In response to this situation, Meditatio has launched an innovative program called *Leading from the Center* which focuses on transforming leaders by teaching them the discipline of meditation and how to integrate this discipline into their lives. Unlike management techniques that develop knowledge and skills, this program aims to teach each individual, through their own experience, how to cultivate an improved mental capacity with which to make better decisions,



manage stress, become a more authentic leader, establish inner stability, and develop their level of awareness. With the trans-

formation of leaders, we can help organizations build cultures rooted in truly human and ethical values.

With its inclusive, secular approach, the *Leading from the Center* program on meditation, like meditation itself, suits people of all (or no) belief system. In 2013, Meditatio introduced its *Leading from the Center* program at the **McDonough School of Business at Georgetown University** in Washington, D.C. as part of the business school's curriculum. The eight week course covers an introduction to meditation, the scientific evidence in support of meditation and what inspired leadership means. Importantly, the course focuses on providing each participant with the skills to begin and maintain the daily practice of meditation. This program can be customized to meet the specific needs of different organizations.

## The Practice of Meditation – and its Benefits

Meditation is a practice that can be found in all of the great spiritual traditions. Its essential insight is that the most human aspects in the journey of life (peace, truth, wisdom, love) are found within our selves. To discover this inner reality it is first necessary to calm the mind and temporarily detach from the emotions so one can descend into



a deeper and calmer level of self where we are undisturbed by the images of conflicting ideas and desires. Meditation



can be understood as a practice that enables us to be mentally fit - like exercise for the mind. A simple practice of meditating twice daily for 20-30 minutes is what is recommended.

Recent research in medicine, psychology and neurology has changed the social and scientific profile of meditation. Many people learn to meditate to lower their stress, reduce anxiety and depression, control anger and release fear. Meditation has been shown to lower blood pressure, improve cholesterol and boost the immune

system. Research has shown that dedicated meditators experience an increase in the density of regions of the brain controlling memory, sense of self and empathy and a concurrent reduction in density of the regions regulating anxiety and stress.



Meditation also has benefits that are of particular value to leaders. Meditation provides perspective – a perspective that helps us do everything from

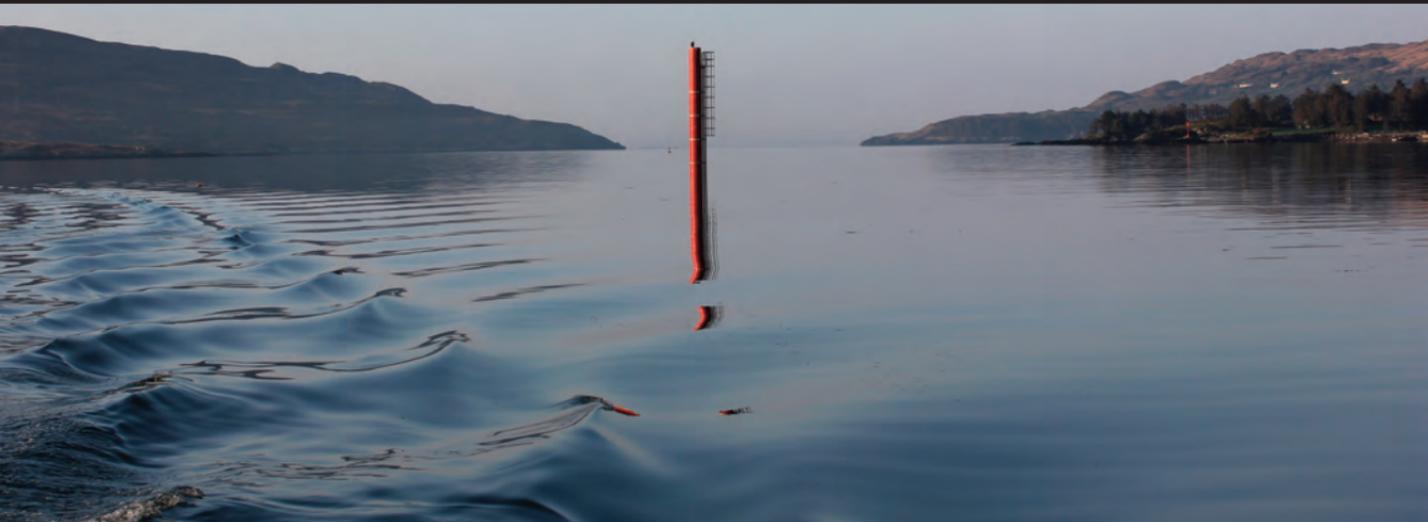
organizing our day to prioritizing our life, making us both more productive and more satisfied in our work. This perspective teaches us to rise above our emotions and our ego, thereby enabling us to make wiser decisions and exercise better judgment. It also helps us take our attention off ourselves, enabling us to have a more accurate sense of where others are coming from. By teaching us humility, meditation moves leaders past fear and the other pitfalls of egoism into authenticity. Relationships are strengthened and, as a result, we find greater meaning in both our professional and personal lives.

The meditator as leader develops a spirit of service. This then becomes like a magnifying lens, increasing the magnitude of personal success well beyond the smaller criteria of the ego, into an enrichment of the lives and well-being of others. The difference – and meditation makes the difference – is awareness.

## What is Meditatio?

Meditatio is the outreach of The World Community for Christian Meditation (WCCM) that teaches meditation in the Christian contemplative tradition, while being conscious that meditation opens the common ground between all traditions and cultures – religious, secular and scientific. For nearly 40 years and now in more than 100 countries, WCCM has been active, and, in secular

society through Meditatio and its outreach into the fields of education, business and medicine. The goal is to teach meditation so that the fruits of the practice correct some of the imbalance and dehumanizing tendencies of modern materialism. Fundamental to this vision is our commitment to a simple teaching of meditation and the support of the discipline necessary for a daily practice.



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