Session ONE: ADM Michelle Howard: “Mindfulness”



The highest ranking African American woman in Navy HISTORY, (who was my FIRST CO, when I reported as an Ensign to USS Rushmore in 1999) agreed to join us for this Zoom kick-off conversation! With all that we are facing today as leaders, confronting issues as complex as institutional racism and the spread of a pandemic, I am grateful that we have Admiral Howard to help us get after starting this conversation about mindfulness.

Zoom link:
https://drive.google.com/file/d/1w9XcRLeTRWEASg4ehUQWKD4hPDWBZEWc/view?usp=sharing

References:

Watch this 14 minute TED talk on mindfulness for women in the workplace: https://leanin.org/education/ted-talk-settle-down-pay-attention-say-thank-you-a-how-to.

Or, get the “cliff’s notes” and download the discussion guide here: https://cdn-media.leanin.org/wp-content/uploads/2016/05/05165035/Kristen-Race-discussion-guide.pdf

Summary:

ADM(ret) Michelle Howard was such an inspiration. She made mindfulness look so simple, as she shared the story of her weekly checklist of relationship-building to-do’s. The cross-learning break outs brought me such joy, as we shared our connections.