



### Innovating Leadership, Co-Creating Our Future

Tuesday at 11 AM Pacific

**June 14th 2016: Mindfulness: Manage Stress and Improve Performance**

Maryanna is an accomplished researcher looking at the connection of mindfulness and performance across multiple populations and organizations.

The interview focuses on Maryanna's work with mindfulness based interventions and how leaders can use them to improve their effectiveness and encourage their organizations to use it to impact work groups beyond the impact on individual leaders. This concept is particularly important in helping leaders manage the stress associated with the volume of change organizations are currently facing and that leaders are responsible to anticipate and manag

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### Featured Guest



#### Maryanna Klatt

Maryanna Klatt is an Associate Professor of Clinical Family Medicine. Maryanna's research mission is to explore mind/body interventions for the workplace that can enhance individual and community health, well-being, and functionality. She accomplishes this mission through interdisciplinary teaching, research and service.

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