



Stand in this Moment: Mindfulness in the Age of Uncertainty

Live Virtual Workshop
December 3, 2020

Glenda Eoyang, Founding Executive Director geoyang@hsdinstitute.org
Royce Holladay, Director of Services rholladay@hsdinstitute.org
Wendy Morris wendymorris.creativeleadership@gmail.com

Nothing is intractable.



HSD Vision

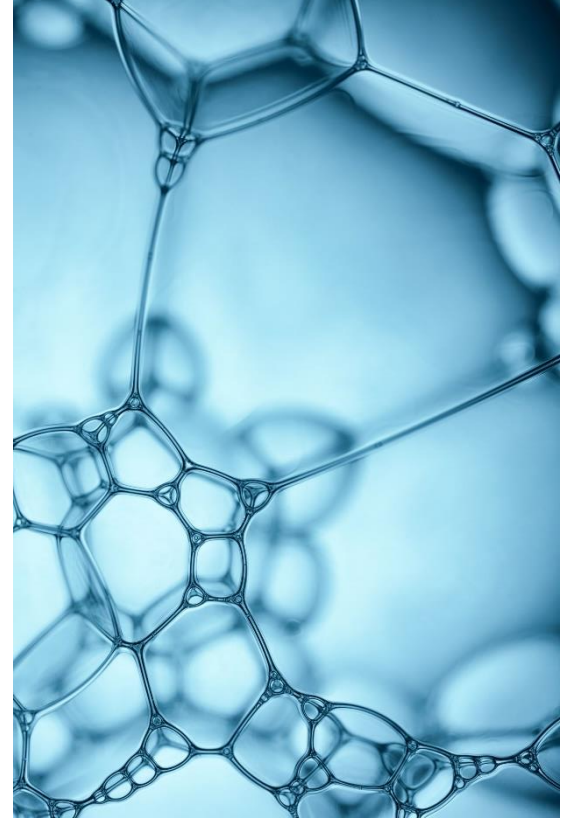
People everywhere thrive because we all
see Patterns clearly,
seek to understand, and
act with courage to
transform turbulence and uncertainty
into possibility for all.





Today we will . . .

- ▶ **WHAT?**
Is an experience of mindfulness?
- ▶ **SO WHAT?**
Threads tie mindfulness and HSD?
- ▶ **NOW WHAT?**
Are implications for you and your praxis?





WHAT?

An experience of mindfulness



▶ Wendy, add what you will here



SO WHAT?

Threads tie mindfulness and HSD?



▶ Wendy, add what you will here



NOW WHAT?

Implications for you and your praxis

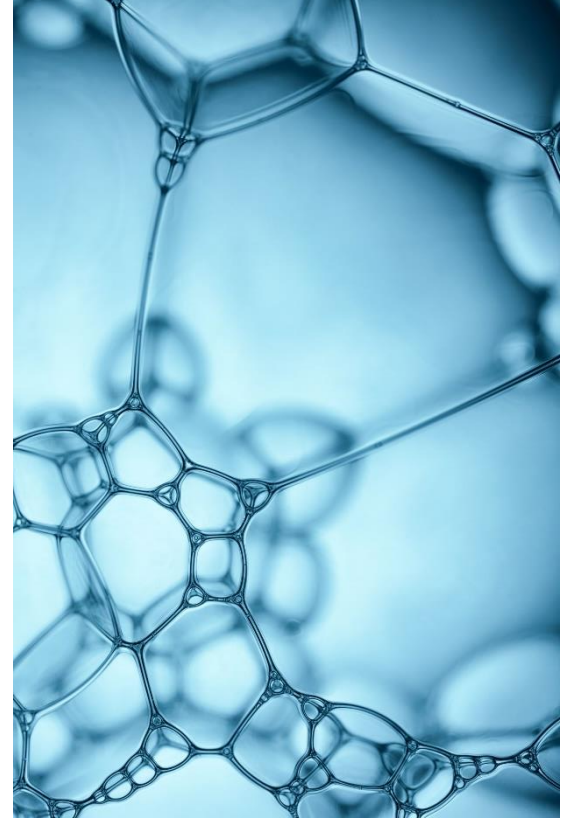


▶ Wendy, add what you will here



Today we explored . . .

- ▶ **WHAT?**
Is an experience of mindfulness?
- ▶ **SO WHAT?**
Threads tie mindfulness and HSD?
- ▶ **NOW WHAT?**
Are implications for you and your praxis?





▶ Wendy, add what you will here



Learning Opportunities

Inquiry IS the Answer

Becker & Eoyang

Weekdays

10am - 10:20am Central US

Free

HSD Community Gathering

Dec 17

11am - 12:30pm Central US

Free

HSD Professional Certification

Eoyang & Holladay

Jan - May 2021

Intensive Patterns and Possibilities

On-going online engagement

Living in Uncertainty: An Introduction to HSD

Eoyang & Holladay

Feb 23 and 25

12am - 3pm Central US

Learn more and register: bit.ly/LearnmoreHSD