



What is the Business Case for Integrative Inquiry?

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Thank You



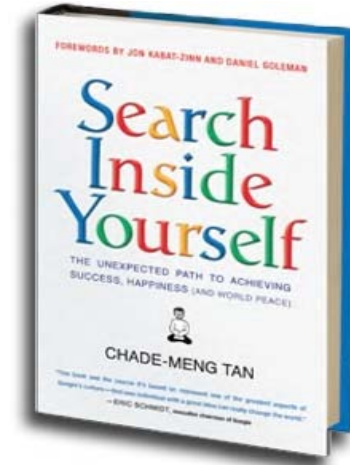
SAN DIEGO STATE
UNIVERSITY

Chopra Center for
Well-Being



STANFORD
UNIVERSITY

Baptiste Power
Vinyasa Yoga



Reflection



- Can you explain why some organizations are more successful than others?
- Can you explain why the value of a higher education degree is under question?
- Can you explain how you experience meaning-making in your job or in your life overall?
- How healthy do you feel you and your organization are?



“The faculty of voluntarily bringing back a wandering attention, over and over again is the very root of judgment, character, and will...

An education which should improve this faculty would be the education par excellence.”

William James, 1890

Today's World Messages have Created a Need for Integrative Inquiry

- Do more with less
- More productivity is better
- There is not “enough” of whatever it is you need or desire
- Value doing, rather than being
- Value activity over reflection
- Too busy to take care of myself, let alone anyone else
- Too busy to even think



Thus, we have Co-Created a World

- Increased stress
- Increased fatigue
- Increased uncertainty
- Want “quick fixes”
- Decreased problem solving, analytical reasoning, critical thinking, creativity
- Decreased self-compassion and compassion for others
- Decreased sense of safety
- No ownership of decisions or their consequences



College degrees Don't buy happiness...



“Just 39% of college graduates feel engaged at work.”

Wall Street Journal, May 6, 2014

30 years of Gallup research shows that employees who feel happy and engaged in their jobs are the most productive.



- \$356 Billion Market Capitalization
- Ranked #1 Best Company to Work For (Fortune, 2014)
- Ranked #1 Most Innovative Company (Fast Company, 2014)



“At Google, we know that health, family and well-being are an important aspect of Googlers’ lives.

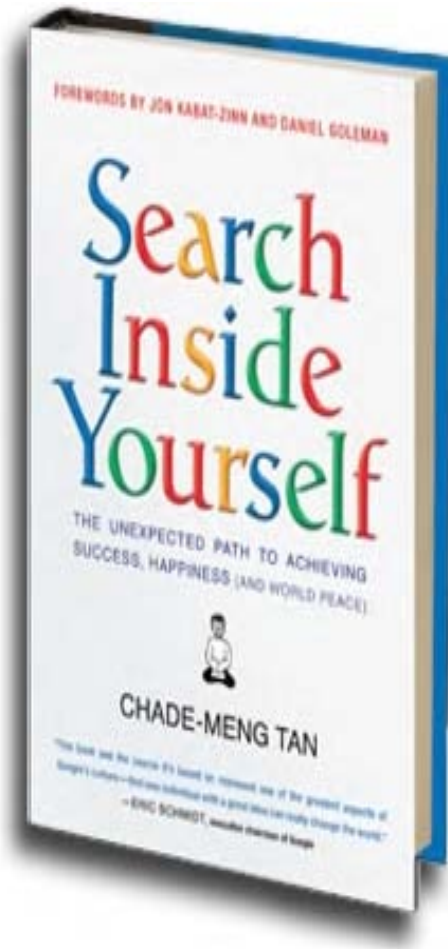
We have also noticed that employees who are happy ... demonstrate increased motivation ...

We work to ensure that Google is an emotionally healthy place to work.”

Lara Harding, People Programs Manager, Google

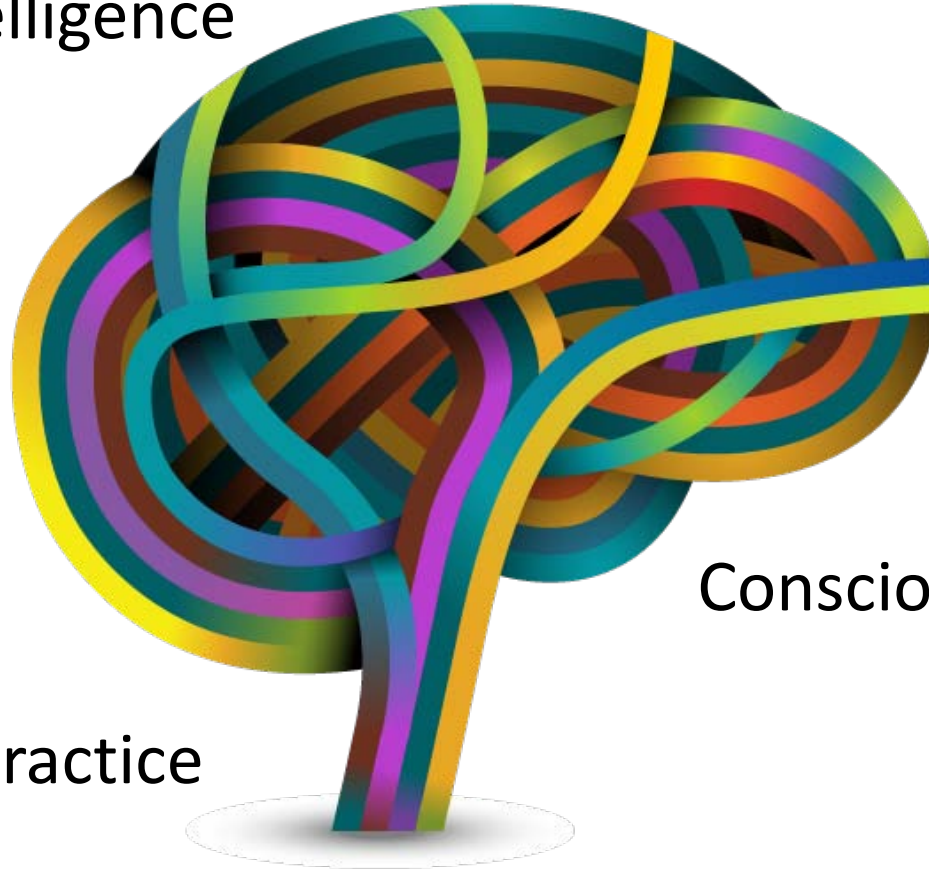
IN 2012...

A Google Engineer set out to create the conditions for World Peace by sharing their workplace philosophy.



Using the latest neuroscience research...

Emotional Intelligence



Conscious Leadership

Mindful Practice

Bresciani Ludvik, M.J.



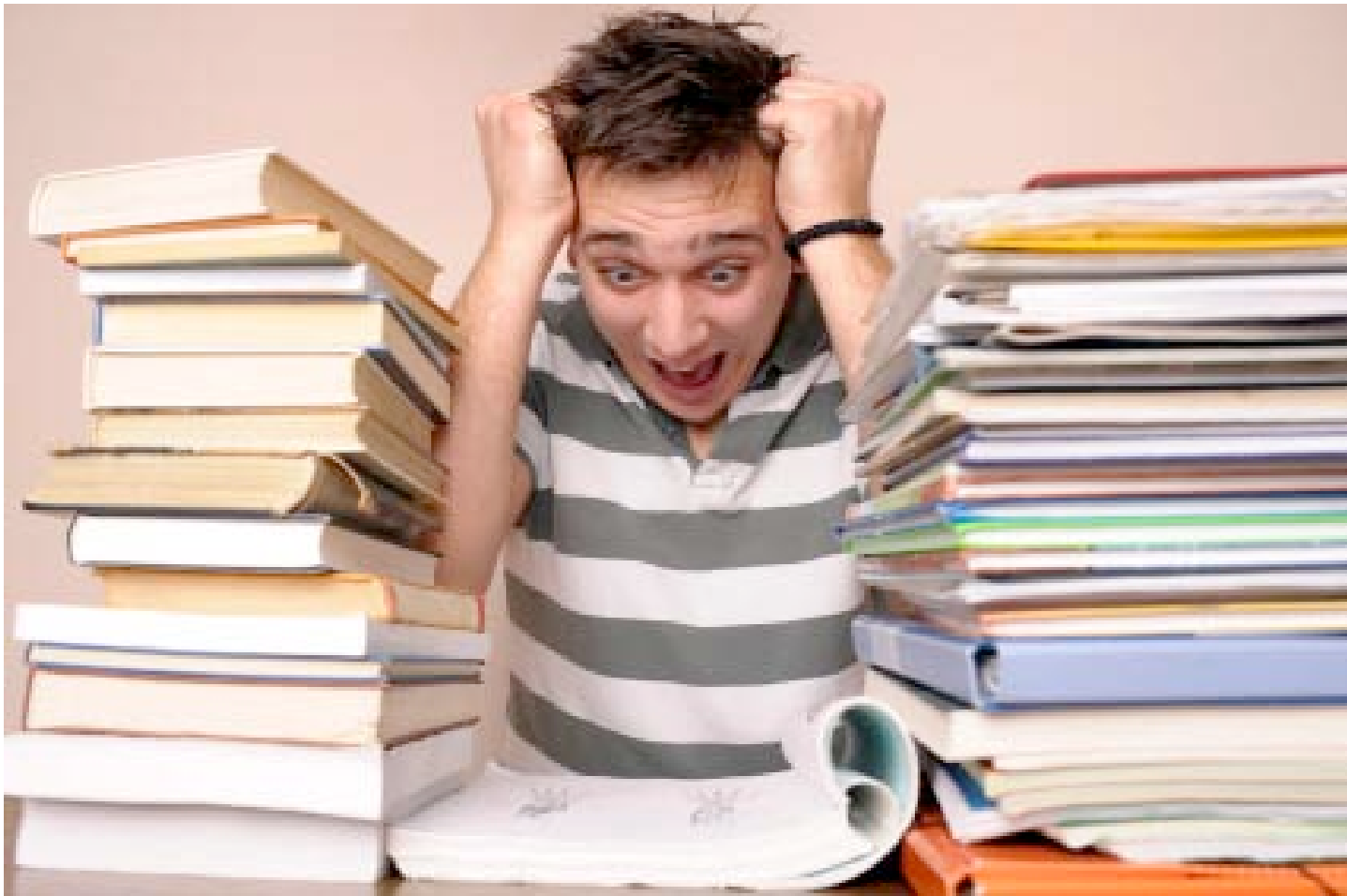
CHANGING THE STRUCTURE AND FUNCTION OF THE BRAIN...



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What if we discovered that....?



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To address that...

We created a curriculum based on Google's Search Inside Yourself philosophy.



Integrative Inquiry

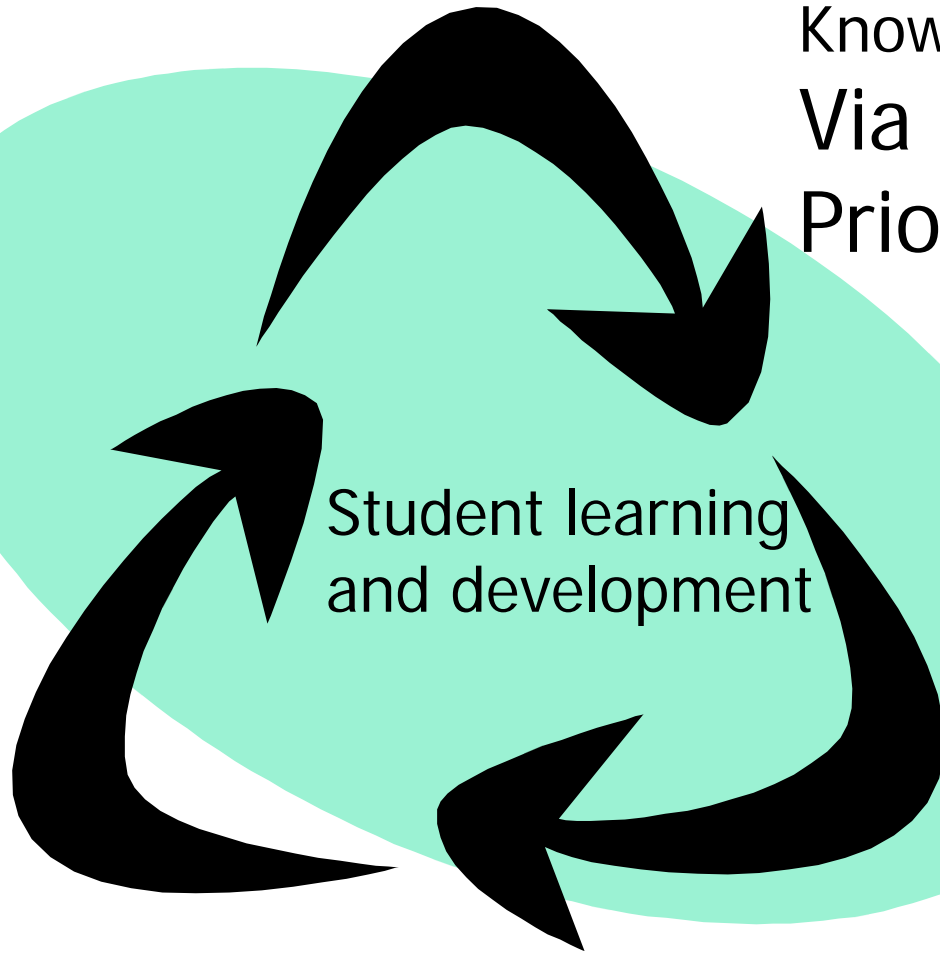
(Bresciani Ludvik, 2014)

Known/Evidence
Via Courses,
Prior Learning

Feel/Sense
Via
Facilitated
Experiences

Student learning
and development

Unknown/
Spontaneous
Creativity Via
Intentional
"Messy"
Opportunities

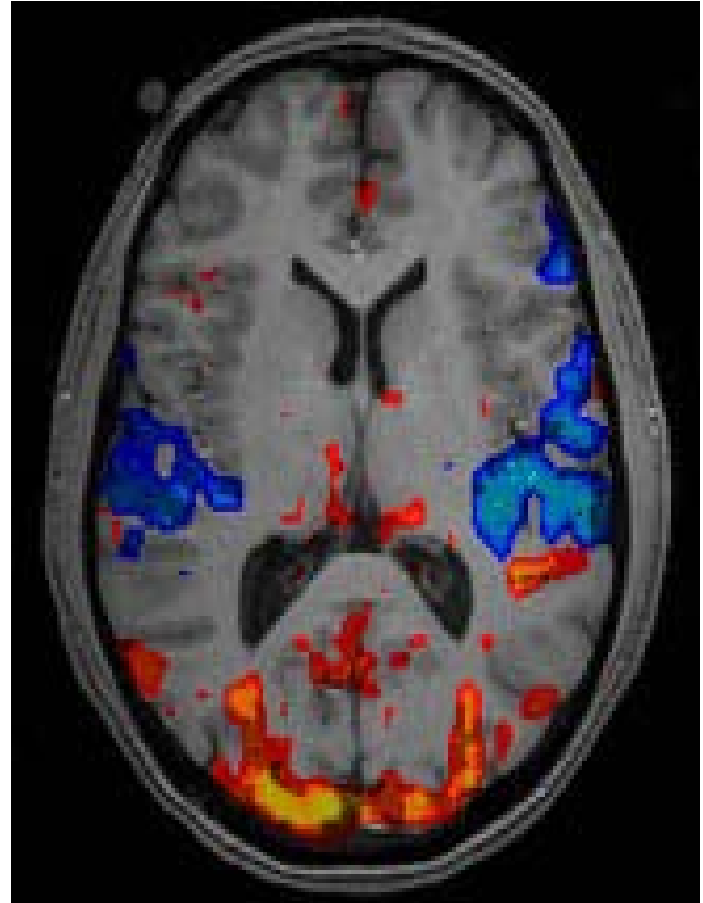


Student IS the Laboratory...

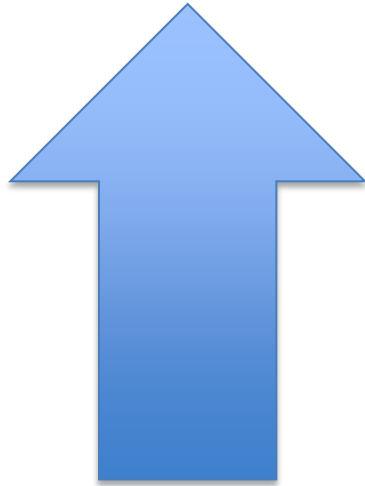


We researched its effectiveness...

Neuroscience research showed the brain can intentionally be structurally and functionally changed.



Program participants Experienced...

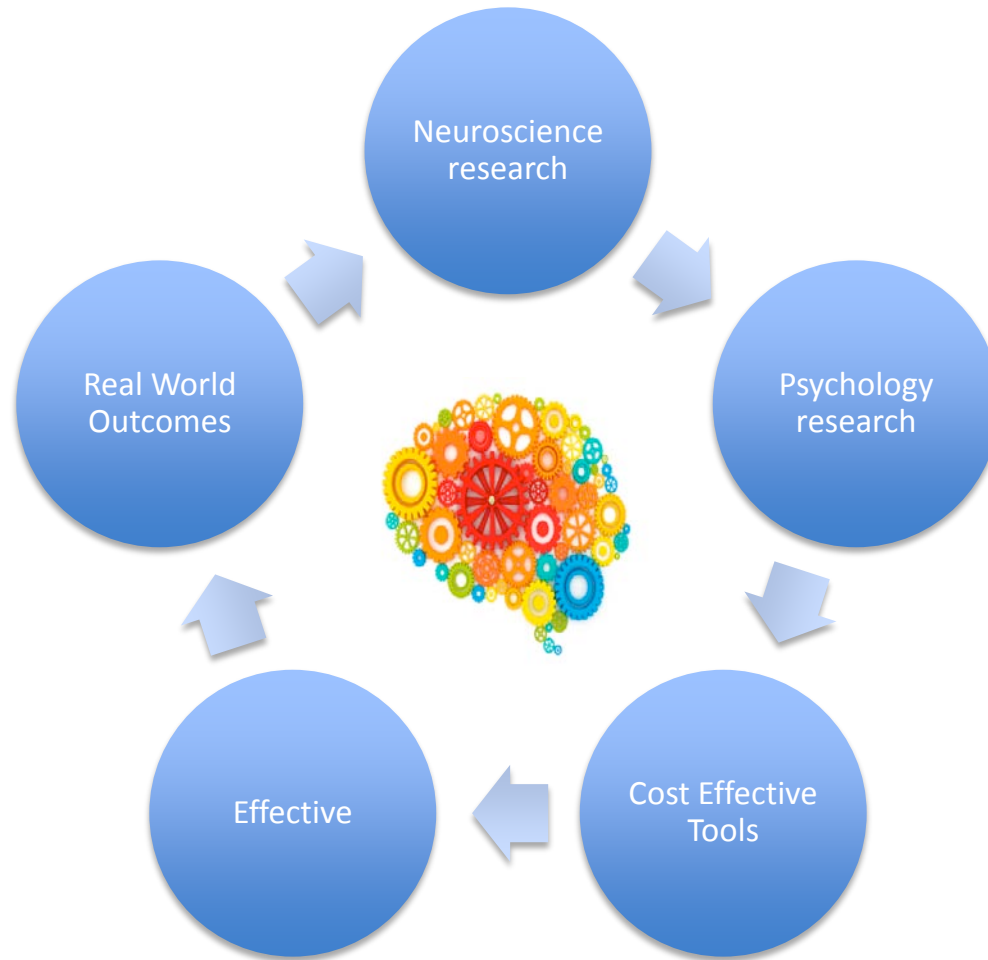


Critical Thinking
Dispositions
Resiliency
Compassion and
Overall Well-Being



Stress and Anxiety

To summarize, Integrative Inquiry...



“The seeds of love
and compassion are
there in us
instinctually, but
promoting and
nurturing it requires
insight and
education.”

-His Holiness,
The Fourteenth Dalai
Lama



Businesses and Society benefit when higher education works



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Resources

- SIYLI - <http://www.siyli.org/take-the-course/siy-curriculum/>
- Rushing to Yoga Foundation – www.rushingtoyoga.org
- Mindfulness - <http://www-psych.stanford.edu/~pgoldin/Mindfulness.html>
- UCSD - <http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>





Questions?

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