

# Mindful Decision Making

## MGMT 579

This course is about how to become more aware of what is happening in the moment with the aim of helping students make better decisions in their personal and professional lives. There are systematic ways that our decisions tend to be biased and we can get in our own way, including by losing sight of what makes us happy or fills our lives with meaning.

**1<sup>st</sup> 5 Weds of  
Spring Qtr.  
6:00-9:30pm**

Initially from Buddhism, Mindfulness has since been secularized and popularized in Western organizations, typically as a stress management tool. We will draw on my and other's research on mindfulness to help us actively create our lives and manage our relationships with others. Students who take this course should expect to gain a deepened understanding of psychology including how people think, feel, decide, and behave. This course should be particularly useful for students who feel stressed, make decisions, or manage others. There will be an emphasis on experiential activities.

**No day  
but today?**

### Mindfulness

Mindfulness is awareness of the present moment, and we will discuss ways in which it can be cultivated and when it can be helpful or harmful, especially in the workplace

### Decisions

We make hundreds of decisions each day, and we will discuss how identity and emotion are sources of information that tend to underlie decisions, and changes we can make

### Big Picture

An overarching goal is to help students see the big picture as they define it for their lives and career and to make daily choices that align with their long-term goals and values