

# THE ZEN OF PROJECT MANAGEMENT

PM08.49

*Go beyond knowledge to performance!*

This workshop enables practical and experiential application of open-minded mindfulness and Zen thinking and their use in achieving and sustaining optimal performance. The workshop enables you to achieve measurable performance improvement. If you work in a complex environment and have challenges that are not being adequately addressed, then this workshop is for you.

We define what optimal performance is and how to achieve it. Performance is influenced by emotional intelligence, mindfulness, concentration and a systems/process oriented approach that recognizes the need to break free of unskillful mental models. Participants come away with practical skills, insights and the start of an action plan to optimize their performance.

*"The Zen Approach ... brings together sound wisdom, a nuts-and-bolts grasp of practicalities, and original insights. It's the Zen that's been missing in all too many of today's business books, and George Pitagorsky is the master we've needed."*

- Daniel Goleman, author **Social Intelligence**

## PREREQUISITES

- None

## LEARNING OBJECTIVES

At the end of this class, participants should be able to:

- Define what optimal performance is at all levels
- Identify barriers and steps need to achieve optimal performance
- Apply Zen thinking and open-minded mindfulness to performance
- Use practical techniques for increasing optimal performance
- Identify ongoing actions to apply after the workshop

## WHO SHOULD ATTEND

- Groups of people working together to perform projects or provide services

## COURSE OUTLINE

- Introduction
- Foundation: Zen basics and why they matter
- Open Mind: Questioning everything using systems thinking
- Mindfulness and concentration: The base for effective action
- Applying Open-minded Mindfulness: Taking learning home

The class is a workshop. There are numerous exercises to reinforce the concepts taught in the class.

## CLASS LENGTH

- One day (8 PDUs)