MINDFUL INCLUSION CERTIFICATE

Program Description

Unlock your inclusive leadership potential through mindfulness and meditation. This certificate program prepares you to be successful with the intercultural aspects of working in an organization by developing your own inner resources and changing your perspective.

The first course emphasizes improving relationships with people who are different from ourselves. Through instruction and exercises, you will discover how to cultivate mindfulness through meditation as a means for self-reflection and leadership development. As you advance in the course, storytelling will be introduced as part of contemplative meditation. You'll hear stories from real business leaders and discover how other organizations navigate intercultural communication. You will have the opportunity to reflect on these stories as well as share your own relevant experiences as you develop your own sense of self-awareness and achieve a shift in perspective.

Please note that meditating 10 to 30 minutes a day is an expectation of this course. You'll be required to complete the first course in this certificate before the others.

This certificate includes a year of free access to Symposium! These events feature live, highly participatory virtual Zoom sessions with Cornell faculty and experts to explore today's most pressing topics. Throughout the year, you may participate in as many sessions as you wish. Attending a Symposium is not required to successfully complete the certificate program.

Key Takeaways

- Identify intercultural dynamics within organizations
- Expand your empathy through meditation techniques
- Foster a diversity mindset to enable innovation
- Analyze your formal organization structure
- Build your repertoire of ethical leadership tools and styles
- Develop strategies and management practices that encourage knowledge sharing and retention

What You'll Earn

- Mindful Inclusion Certificate from Cornell's College of Agriculture and Life Sciences
- 80 Professional Development Hours (8 CEUs)
- 30 Professional Development Credits (PDCs) toward SHRM-CP and SHRM-SCP recertification
- 30 Credit hours towards HRCI recertification

Who Should Enroll

- Individual contributors
- Managers
- Executives
- Global leaders
- Business leaders
- Entrepreneurs
- Anyone in a collaborative role, specifically interculturally

Total Investment

- 2.5 months to complete all the courses

How to Enroll

For more information on how to enroll, please visit Mindful Inclusion Certificate (https://ecornell.cornell.edu/certificates/diversity-inclusion/mindful-inclusion/).

Program Requirements

Code	Title	Hours
Required Courses		
eCornell CALS2	Using Mindful Meditation to Strengthen Relationships	
eCornell CALS2	Organizational Structures and Networking	
eCornell CALS2	Leading Adaptively	
eCornell CALS2	Navigating Diversity and Cultural Differences	
eCornell CALS2	Managing Organizational Knowledge and Innovation	