

Mindful Project Management

Projects Are Alive
Expect Ups & Downs
Be Calm & Radiate

Welcome

Cheryl Kiras, Project Manager, Last Call Media

- Name
- Company
- Expertise; passion; hobby



Topics



Mindfulness

Techniques

Discussion and questions



Mindfulness

The practice of being present and aware of our own mind, emotional states and how they affect interactions with colleagues, clients and our ability to manage projects well.

The ability to hold our minds to one thing. When we are able to do that we become more efficient and less aggressive. Teamwork and productivity increases.

Project Management

Timelines; resources;
BUDGETS; Deadlines,
CLIENT EXPECTATIONS;
SCOPE; BUGS;
ESTIMATES; PROJECT
PLANS; LAUNCHES;
meetings;
COLLEAGUES

relationships;
responsibilities; chores;
errands; homes;
commitments; Laundry;
FOOD

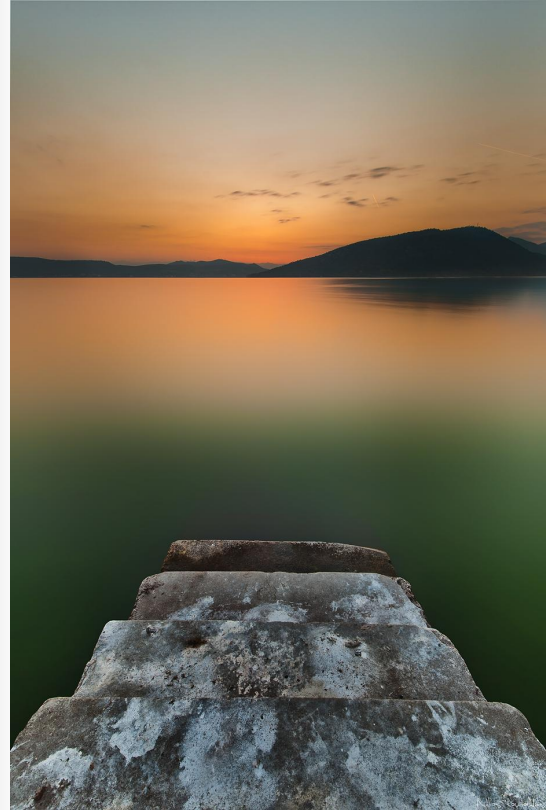


Pride; Passion;
excitement; stress;
anxiety; anger;
EXHAUSTION;
enthusiasm;
MOTIVATION;
aggression; HAPPY;
SAD; INSPIRATION; EGO

HOPES; Dreams;
Fears; Biases

Why do I want to be Mindful?

Reduce stress
Be calm
More focused
Skillful
Inspire teams
Kind



Mindful Leadership

Our own biases, emotions, and preconceived notions get in the way of truly **seeing things for what they are**. The decisions we make, based on that altered view of reality, are what get us and our projects into trouble.

Practice & Techniques

Guided Meditation

Three Conscious Breaths

Writing Haikus

Haikus

*Our project was late,
so we added more people.
The problem got worse.*

*When requirements changed,
the schedule did not -- were we
headed for trouble?*

*Our project's timeline
Was written by Stephen King
Terrifying fiction*

Examples from the field

- PM @Last Call Media
- Google and Mindfulness (10:28)

<http://www.cbsnews.com/news/mindfulness-anderson-cooper-60-minutes-2/>



Discussion & Questions

Feedback on Meditation & Haikus

Applicable to your situation?

Which practice(s) might you incorporate into your day?

Contact Information

Cheryl A. Kiras, Project Manager

Last Call Media

136 West Street, Suite 01

Northampton, MA 01060

ckiras@lastcallmedia.com

413-341-1451

Resources

BE A MINDFUL PROJECT MANAGER by Kiron Bondale

<http://www.projecttimes.com/kiron-bondale/be-a-mindful-project-manager.html>

Haiku Mind: An Interview with Clark Strand

<http://www.tricycle.com/columns/haiku-mind>

Three Conscious Breaths by Pema Chodron

<http://www.lionsroar.com/waking-up-to-your-world/>

Ruling Your World by Sakyong Miphan Rinpoche

<http://www.sakyong.com/product/ruling-your-world/>

Mindfulness, 60 Minutes, Anderson Cooper

<http://www.cbsnews.com/news/mindfulness-anderson-cooper-60-minutes-2/>

Project Management Haikus

<http://c2.com/cgi/wiki?ProjectManagementHaiku>