

The MEILAC Project

Mindfulness & Emotional Intelligence in Latin America and the Caribbean



What is MEILAC?

MEILAC is a work/life balance program and a mindfulness-based emotional intelligence solution for businesses, organizations and governments designed to create greater employee wellbeing and happiness, more empathic leadership, and peak performance and work satisfaction.

MEILAC is a social investment project spearheaded by the Academy of the Heart and Mind - AHAM Education - to bring Mindfulness-based and Emotional Intelligence capacity building trainings to various cities in the Americas. It is designed specifically for leaders, professionals, business executives, public officials and leading academics.

The rationale behind this program is the compelling neurological and behavioral research findings pointing to the benefits of the cultivation of mindful awareness practices and emotional intelligence for business performance, health and wellbeing in responding to stress and the demands of 21st century economy, interpersonal relationships, and effective leadership.

Fortune 500 companies like Google, Starbucks, SAP, Royal Bank of Canada and others continue to invest in organizational mindfulness and emotional intelligence programs

MEILAC draws from the **evidence-based Mindfulness Based Stress Reduction (MBSR)** program founded by **Dr. Jon Kabat-Zinn** at the University of Massachusetts in 1979, and now taught in hospitals, schools, and work environments worldwide. The highly-acclaimed MBSR was the basis of the **UK Mindfulness Initiative** recently adopted by the British Parliament to improve the lives of workers and first responders, and enhance the services provided across public health, criminal justice and education sectors. MEILAC also incorporates the five components of emotional intelligence at work as defined by **Emotional Intelligence** author **Daniel Goleman**, and taught in organizational programs worldwide - **Self-Awareness, Self-Regulation, Internal Motivation, Empathy, and Social Skills**.

Mindfulness is "the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment," and a tool to build focus, resilience, emotional regulation, awareness, and compassion.

"Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth."



MEILAC Learning Objectives

- ✓ Understand the **scientific bases** underlying mindfulness and emotional intelligence (EI)
- ✓ Cultivate **self-awareness** through guided instruction in mindful awareness practices, EI exercises, and inquiry-led discussion
- ✓ Understand difference between stress reactivity and **stress response**, learn **self-regulation** in moments of stress and anxiety
- ✓ Applying mindful tools to increase focus, **attention**, **creativity** and **productivity** at work
- ✓ Learn the art of mindful **communication** and building **empathy** for self and others
- ✓ Become more **compassionate leaders** through practices
- ✓ Design a peer-led customized plan for building a more **mindful organizational culture**

MEILAC Signature Program

The signature program format comprises

- ✓ pre-program interviews and consultation,
- ✓ 2-day experiential workshop,
- ✓ a virtual practicum period, and
- ✓ a closing session

In person and virtual sessions are facilitated via guided practices and exercises, inquiry led dialogue, didactic instruction and interactive simulation and games. Participants will receive handouts, workbooks and audio material to support post course practice and learning.

What is AHAM Education and the Academy of the Heart and Mind?

AHAM Education is a hemispheric social investment initiative whose vision is to lead and empower individuals to develop physical, social and emotional wellbeing, and to discover and fulfill their purpose in society, by cultivating mindful awareness and a positive mindset.

Our mission is to directly impact 1,000,000 individuals in the Americas with Presence Positivity, & Peace, through our programs and in collaboration with like-minded entities by 2025.

Meet Our Lead Instructor and Program Director

Knellee Bisram is a Social Sciences Professor, a Consultant, and Program Director at AHAM Education's MEILAC Project. A student of secular meditation and mindfulness for 30 years, she has been teaching Awareness and Emotional Intelligence for 10 years. She is a qualified MBI Instructor under UCSD Mindfulness Based Professional Training Institute, and has extensive experience in Latin American & Caribbean political economy. She holds a BA in languages, MA in International Relations & Latin American Studies, and is fluent in French, Spanish, and Portuguese.

MEILAC SERVICE OFFERINGS

- ✓ **MEILAC Signature Program**
- ✓ Introductory Lunch and Learn, Breakfast Meeting, or Keynote sessions
- ✓ Half-day workshops
- ✓ Full-day in service training
- ✓ 3-day intensive training
- ✓ Peer facilitator training to support ongoing workplace practice
- ✓ Train the trainer programs
- ✓ Executive Coaching
- ✓ Assessments & consultation

Pricing is based on the size, location and format of the training, and the intensity of post program follow up.

Contact our **Program Director** Knellee Bisram to request a quotation or more information at knellee@ahameducation.org.