

Mindful Approaches to AI Webinar Series

Brought to you by Mindful FED/Office of Personnel Management (OPM)

Register for the “Mindful Approaches to AI” webinars to join live and to have access to the sessions and recordings. Kindly share the invitation to join in future sessions with your colleagues.

Mindful Approaches to AI: “How to lead Mindfully through the AI revolution” with Mo Edjlali, founder, and CEO of Mindful Leader

Wednesday, April 17 at 1:00p ET

Register: <https://leadership.opm.gov/programs.aspx?course=381>

Mindful Approaches to AI: “Making the Invisible Visible” with Tristan Harris, Co-Founder, Center for Humane Technology

Wednesday, June 26 from 1:00 to 3:00p ET

This talk examines how perverse incentives fuel dangerous races with AI, and how we can chart a way out.

Register: <https://leadership.opm.gov/programs.aspx?course=382>

Mindful Approaches to AI: “Navigating AI's Uncertainty & Anxiety” with Sharon Salzberg

August 14 from 1:00 to 3:00p ET

This session will guide us on how to develop stability and equanimity to allow less reactive mind states and decisions in our daily work.

Register: <https://leadership.opm.gov/programs.aspx?course=383>

September 25th Richard J. Davidson Ph.D. University of Wisconsin Madison, Center for Healthy Minds (Mindfulness and the Scaling of Well-Being Using a Novel Well-Being AI) will be speaking with us.

Register: <https://leadership.opm.gov/programs.aspx?course=376>