

A RESEARCH STUDY ON MINDFULNESS, IMPROV, AND FUN

ELLEN LANGER | LANGER MINDFULNESS INSTITUTE, HARVARD UNIVERSITY
BRUCE MONTGOMERY, GAIL MONTGOMERY | EXPERIENCEYES
DEBORAH PHILLIPS | LANGER MINDFULNESS INSTITUTE

CORPORATE PARTNER

100 Participants
Training participation
Ongoing evaluation
\$100,000

SUMMARY

World-renowned social psychologist and Harvard researcher **Ellen Langer**, of the Langer Mindfulness Institute, in partnership with the innovation company **ExperienceYes**, is searching for a corporate partner to participate in a study of the effectiveness of mindfulness, improv, and fun.

Today's corporate climate consists of a fast-paced and often mindLESS approach to engaging clients, collaborating as teams, and solutioning through roadblocks.

Customized to evaluate challenges facing a specific organization (i.e., employee production, engagement, accident reduction), this study will ultimately focus on analyzing long-term behavior that impacts and/or shifts organizational measures with an emphasis on FUN and MINDFULNESS.

WHAT YOU GET

- Training program for the three groups
- Cutting-edge research participation
- Two additional sessions for up to 50 additional participants based on research findings led by ExperienceYes
- Executive readout

APPROACH

Led by researchers from the Langer Mindfulness Institute, the approach will focus on 100 participants to:

- Work with the client to identify corporate measures
- Divide the participants into four distinct groups of 25
 - Control Group
 - Mindfulness Group
 - Improv/Mindfulness Group
 - Improv Group
- One two-hour working session with each group based on their group type (minus the Control Group)
- Analyze corporate data for the 2-5 months following the sessions. This will potentially be done by:
 - Job shadowing
 - Corporate measures analysis
 - Self-reporting



Ellen Langer

Dr. Ellen Langer, Ph.D., is a social psychologist and the first female professor to gain tenure in the Psychology Department at Harvard University. She is the author of eleven books and more than two hundred research articles written for general and academic readers on mindfulness for over 35 years.

Her best-selling books include *Mindfulness; The Power of Mindful Learning; On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*; and her most recent book, *Counterclockwise: Mindful Health and the Power of Possibility*.

Dr. Langer has been described as the “mother of mindfulness” and has written extensively on the illusion of control, mindful aging, stress, decision-making, and health. Among other honors, she is the recipient of a Guggenheim Fellowship and three Distinguished Scientist Awards, the World Congress Award, the NYU Alumni Achievement Award, and the Staats award for Unifying Psychology.



Bruce Montgomery

Before founding **ExperienceYes** in 2013, Bruce spent 5 years as the senior IT leader for the Denver Center for the Performing Arts, the largest non-profit theatre company in the country, where he was responsible for IT strategy, infrastructure, customer data, and business intelligence. Prior experience includes over 15 years in IT and Management consulting, where he was focused on driving adoption through structured change management and training & development.

Driven by creativity and the need for answering the question, “What’s next?”, Bruce co-authored the recently published book *Brain Disruption: Radical Innovation in Business through Improv*, where he explores how the mechanics of improv can drastically change team performance and organizational culture.



Gail Montgomery

Before founding ExperienceYes in 2013, Gail spent time in a variety of industries, notably as a Human Resources professional for a Fortune50 company headquartered in New York City where she streamlined hiring processes and developed her own playbook for hiring the “right” candidate. As Executive Director of a local non-profit arts organization, she brought her professional rigor and creative thinking to a company in need of creative guidance.

Gail is passionate about culture and innovation and is co-author of the recently published book *Brain Disruption: Radical Innovation in Business through Improv*, where she explores the neuroscience behind creativity and how to move teams to that next inspired level.



Deborah Phillips

Deb Phillips is CEO of the Langer Mindfulness Institute. She is dedicated to understanding and improving the interpersonal implications of change within the organizational context, and on the importance of the mind/body connection for one’s health and happiness. Deb’s focus is on helping people engage in mindful thinking, decision-making, and health, working with individuals and groups at all levels in organizational contexts to understand and re-define how they work, manage and lead teams, departments, and organizations. At the institutional level, her senior executive management roles in the philanthropic and corporate sectors has focused on removing barriers to and redefining initiatives in the interplay between interpersonal effectiveness and strategic organizational planning.