

Mindful Work in Times of Change



Practice areas and methods for professionals, executives and entrepreneurs

International Business Retreat, Network for Mindful Business

October 20-24, 2021

In-person residential retreat at the European Institute for Applied Buddhism (EIAB) in Waldbröl/Germany

with Dr. Kai Romhardt and members of the Network for Mindful Business

„You should be a free person to bring happiness and healing to your family and society. If you are only a slave of your business, your busy-ness, and of your ideas, you cannot do it.“ Thich Nhat Hanh

The path of mindful work

Work is a central theme in our lives. Many of us spend the majority of our conscious time at work. Our work can make us sick — stress-induced diseases and burn-out are prevalent. And our work can also bring us joy and benefit many people.

Mindfulness practice gives us tools and insights to change our work in a positive way. Working principles such as impulse distance, transition or single-tasking strengthen our concentration and inner freedom. Effective meditation exercises for everyday office life help us to remain calm and stable even in challenging situations.

Retreat themes

We will explore together:

- Aspirations toward mindful business
- Basic principles of mindful work and common work meditation
- Mindful coworking as a supportive practice
- Mindfulness in organizations: myth or living reality?
- Experiences from practice in the Network for Mindful Business

We will also make space for topics that arise within the group itself or that individuals bring.

Looking inward

The key to working healthily lies within ourselves. When we understand our habits and beliefs in the field of work more deeply, we gain new degrees of freedom and can give our activities — internally and externally — a new direction.

Mindful Business Commitment

As part of the retreat, we will become acquainted with the Mindful Business Commitment (MBC).

It comprises six fields of practice including mindful work, e.g.:

- Choosing work that is meaningful for me.
- Finding the right balance between work and non-work.
- Seeing my colleagues, employees, managers, customers and suppliers for themselves and not as a means to an end.

The statements of the MBC are not commandments or prohibitions, but should be a friend, a help and an inspiration to deepen our personal practice with the help of (and in exchange with) like-minded people.

Anyone who feels a deep connection to these principles and wants to orient themselves to practice them may optionally take part in a ceremony of support.

Mindful Business Network



The non-profit association Netzwerk Achtsame Wirtschaft e.V. conveys and develops the potential of Buddhist teachings for our work and economy. We offer seminars and retreats, write publications and host local and virtual events. The network is currently active in regional groups and initiatives in 18 cities and organized about 160 events in 2019.

www.network-mindful-business.org

Kai Romhardt



Kai Romhardt, PhD., works as a book author, trainer, coach, organisational consultant, lecturer and meditation teacher. He studied business and organisational sciences in St. Gallen and Geneva.

Kai Romhardt is a Dharma teacher in the Order of Interbeing (Tiep Hien), founded in 1966 by Zen master Thich Nhat Hanh. Kai lived and studied for two years in Plum Village and founded the Sangha Zehlendorf in Berlin together with his wife Bettina.

Kai Romhardt is the author of several books, including a foundational book about mindful business: *We are the Economy*, Parallax Press (2020). In German: *Achtsam Wirtschaften*



More information: www.romhardt.com

Conditions

The cost of the course consists of the basic fee for the EIAB and “dana” for the retreat leader.

Depending on the accommodation category, the basic fee ranges from €280 (3-4 beds) to €460 (single room/bath) and goes entirely to the EIAB.

The dana-based fee supports the livelihood of the instructor and enables the transmission of the Dharma — the Buddhist teaching and practice. Dana is a practice deeply rooted in the Buddhist tradition that helps us cultivate generosity and joyful giving.

The amount of dana is at your discretion. Your generosity allows Kai Romhardt to continue sharing the practice and further develop the Network for Mindful Business. His livelihood depends on dana from retreat participants.

Details

The retreat will take place in the European Institute of Applied Buddhism (EIAB) in Waldbröl near Cologne/Bonn, Germany.

The meals are vegetarian (and mostly vegan).

The retreat begins at 18:00 on Wednesday, October 20, 2021 and ends with lunch on Sunday, October 24. There will be some time and space left after this for informal farewells and further networking.

The retreat language will be English.

Participation is only possible for the entire retreat. Discuss exceptions directly with Kai Romhardt (info@romhardt.de).

Registration

European Institute for Applied Buddhism
Schaumburgweg 3, D-51545 Waldbröl

Tel.: 02291/907 13 73

E-Mail: info@eiab.eu

Website: www.eiab.eu

