

The Marshall University Lewis College of Business presents

## Fall 2018 Dean's Distinguished Speaker Series

"How the Most Remarkable Leaders Think:  
An Introduction to Mindfulness at Work"  
with **EMILY BENNINGTON**

To effectively lead yourself and others, you have to understand the cause and effect relationship between what you think and what you do. Career author and mindful leadership coach Emily Bennington will show you how to do just that through a process designed to help you respond to your circumstances - whatever they are - from an empowered place, rather than simply reacting to the chaos that surrounds us all. Come discover how mindfulness - a practice that started more than two thousand years ago - is your leadership edge of today.

**WEDNESDAY  
OCTOBER 17, 2018**

**Reception: 5:30-6:30 pm  
Presentation: 6:30 pm**

**Brad D. Smith  
Foundation Hall  
Conference Center**



**Emily Bennington** is the coauthor of *Effective Immediately: How to Fit In, Stand Out, and Move Up at Your First Real Job* and the founder of AWAKE EXEC™ mindful wisdom at work. Named one of Monster.com's 11 Career Experts to Follow, Emily has led training programs on composure for numerous Fortune 500 companies and has been featured in press ranging from CNN, ABC, and Fox, to the Wall Street Journal, Glamour, Marie Claire, and Cosmopolitan.

Sponsored by **Don Williams** and the **Joachim Foundation**.

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Learn more about Emily at [emilybennington.com](http://emilybennington.com)

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