

7TH BIENNIAL

# POS RESEARCH CONFERENCE

*Illuminating Research for a Positive Future*



**JUNE 23-24, 2015**

DISNEY'S CORONADO SPRINGS RESORT  
LAKE BUENA VISTA, FLORIDA

## **Research Breakout Session:**

### **Empirical Advances in Mindfulness Research: Linking Mindfulness to Personal and Social Outcomes in Organizations**

**Curator: Erik Dane**

Connecting mindfulness to specific topics of organizational interest (helping behavior, compassion, work engagement, health, and social dilemmas), the studies associated with this session spotlight the importance of mindfulness in organizations and advance theory and practice on mindfulness.

#### **Papers Presented (alphabetical order)**

“Being Mindful and Active at Work: An Online-Intervention Promoting Work Engagement and Health”

Authors: Alexandra Michel & Clarissa Grob

“Money on the Mind: Can Mindfulness Be Used to Facilitate Economic Self-interest?”

Authors: Ravi Kudesia, Hillary Anger Elfenbein, & Elizabeth Luckman

“Understanding the Relational Outcomes of Mindfulness in a Work Setting”

Authors: Lindsey Cameron & Gretchen Spreitzer