**The Mindful Leader: Focus on The Social Emotional Development of All**

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**Abstract**

This interactive presentation will focus on the need for contemporary leadership to always apply research about mindfulness and social emotional development of everyone, in any organization. Leadership at all levels must target areas such as self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Critical skills of leadership must include the social/emotional dimension of every relationship and every interaction. This holistic approach to leadership will assure positive relationships where all professionals feel valued, willing to continue to grow and learn, and approach the goals of an organization as team, focusing on understanding oneself, always with empathy for others.

*Keywords:* CASEL, Collaborative for Academic, Social, and Emotional Learning, Mindfulness, Leadership, Self-Awareness, Relationships, Collaboration, Self-Management, Social Awareness, Decision-Making, Empathy, Compassion, Success, Goals, Teams