

More Hope

Part of A&L's Thematic Learning Initiative

Presenter Biographies

Dawa Tarchin Phillips is the Founder/CEO of Empowerment Holdings, an international leadership development and coaching company. He is co-founder of the Mindful Leadership Online Training Conference, and founder of The Mindful Leadership Tribe, an online community of mindful leaders. He is an experienced mindfulness and meditation teacher, author, entrepreneur, spiritual leader, researcher, and educator. He is President of the International Mindfulness Teachers Association, a global professional organization for Mindfulness teachers from 30 countries who teach in 13 languages. Dawa completed two 3-year meditation retreats and is a trained Vajrayana Lama and the resident teacher of the Santa Barbara Bodhi Path Buddhist Center. He is the co-founder of UCSB's Center for Mindfulness and Human Potential, a member of the prestigious Transformational Leadership Council and the Association of Transformational Leaders, and a leading voice in the global evidence-based mindfulness movement. He is a contributing author for Mindful magazine, Tricycle magazine, and Lion's Roar; having done research/work with MIT, Harvard, Yale, UCLA, UCSB, the U.S. Office of Education and the U.S. Chamber of Commerce, his work has been featured in the New York Times, Huffington Post, Men's Fitness, Forbes, and Fast Company. He lives with his family in Santa Barbara, California.

Spencer Sherman, Ph.D. earned a BS in Humanities and Science from MIT, and an MA and PhD in Psychology from Stanford University. He's been a licensed clinical psychologist since 1980, and has been teaching psychology at Santa Barbara City College since 1979, where he created the course in Positive Psychology twelve years ago, and continues to happily teach it. He has also been teaching in the noncredit division of Santa Barbara City College (now called the School of Extended Learning, formerly known as Adult Education) since 1993.

Some years ago, Dr. Sherman converted his clinical psychology practice into a life and executive coaching practice. This has given him the opportunity to work with some marvelously effective and talented people: CEOs, entrepreneurs, health care providers, teachers, and performers among them, and to primarily focus not on pathology, but instead on positive considerations such as growth, self-actualization, peak performance, meaning, fulfillment, and spiritual realization.

Drspencersherman.com is his website, on which there are free text, audio, and video files that provide guidance in mindfulness and psychological growth. He has just published a book entitled *Be the Sky, Not the Clouds – The new Mindful Psychology of Happiness and Wellbeing*, that is available for purchase on Amazon.

Jonathan Schooler is a Professor of Psychological and Brain Sciences at the University of California at Santa Barbara and Director of UCSB's Center for Mindfulness and Human Potential. He received his Ph.D. from the University of Washington in 1987 and then joined the psychology faculty of the University of Pittsburgh. He moved to the University of British Columbia in 2004 as a Canada Research Chair in Social Cognitive Science and joined the faculty at UCSB in 2007.

Jonathan's research focuses on topics that intersect philosophy and psychology, such as how spontaneous cognition (i.e., mind wandering) gives rise to creative insights, how fluctuations in people's awareness of their experience mediate mind-wandering, and how extensive multifaceted interventions can lead to enduring positive changes in multiple aspects of people's lives. He is also working with high schools around the country to establish the benefits of his team's Finding Focus app that is designed to help students overcome distraction.

Jonathan has been an author on over 200 scientific publications and his work has been cited over 30,000 times. Schooler's research is frequently featured in major media outlets such as the New York Times, Nature, Scientific American, The New Yorker, The Washington Post, USA Today, The Boston Globe, Time Magazine, NPR, CNN, Psychology Today, Discover Magazine among others. His work on creativity was recently featured on the BBC television show Horizon, and his work on free will on Through the Worm Hole with Morgan Freeman.