

## ORANGE BIKE MINDFULNESS WORKSHOP FOR INNOVATION

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Back by  
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Demand

- Achieve lifelong upgrade in your leadership abilities
- Workshop developed over five years by a Harvard-Educated Professor
- Match the lifestyle of the innovation age (and especially Hong Kong)

### INTRODUCTION

This 5 hour packed workshop is designed to “install” mindfulness – a quality practiced by leading firms like Google, McKinsey, General Mills and Aetna. Mindfulness is a well-researched domain, with thousands of years of tradition. The workshop is designed as a “wise intervention” to teach you how to ride a special kind of a bike – the bike of the mind. In this bike:

- the front wheel tells you where to go (= openness)
- the back wheel propels you (= focus)
- the person who sits in the middle masters both (= control)



### OBJECTIVES

In this workshop, Professor Yesha Sivan will explain, share, and then train you to be more effective in your cognitive abilities, in three states typical to the age of innovation:

- managing day to day tasks
- dealing with stress
- harnessing new opportunities

### WHO SHOULD ATTEND

- Senior level leaders who want to enhance their personal abilities — specifically managers, innovators, entrepreneurs, and intrapreneurs

### ADMINISTRATIVE DETAILS

#### DATE AND TIME

Monday, 5 November 2018  
8:30 am – 1:30 pm

#### VENUE

The Hong Kong Management Association  
Pico Tower, 66 Gloucester Road,  
Wanchai, HONG KONG

**FEE** (inclusive of tea/coffee breaks and light lunch)

HKMA Member: HK\$2,380

Non-member: HK\$2,980

Group Discount: Buy one get one free for those who enrol and pay before 28 September 2018 (Limited seats)

#### DEADLINE FOR REGISTRATION

29 October 2018

Register Now

#### LANGUAGE MEDIUM

English

#### REGISTRATION LINK

Please click this QR code or visit website:  
[www.hkma.org.hk/orangebike](http://www.hkma.org.hk/orangebike)



#### ENQUIRIES

For course details, please contact Ms Diana Li on 2774-8552 or [dianali@hkma.org.hk](mailto:dianali@hkma.org.hk); or visit [www.orangebike.net](http://www.orangebike.net) or the HKMA website: [www.hkma.org.hk/orangebike](http://www.hkma.org.hk/orangebike). For course enquiries and reservations, please call Customer Service Department on 2774-8501 or via fax 2774-8503.

# WORKSHOP STRUCTURE

## CONTENTS

- Background – the innovation age, wise intervention, and the bike model
- Three basic “riding” techniques
- Three advanced “riding” techniques
- Reflect on the results, practice, and what to expect

## WHAT PREVIOUS WORKSHOP PARTICIPANTS SAID

- Bike metaphor simple. Good to bring to the community. People only tend to remember 3 things a time (“open, focus, control”).
- Good packaging and attention to details. A good summary of basic techniques. How to relate tools to the bike.
- About balancing openness and focus. Started with mind and branch outwards. Relaxing. Change the way of thinking. Helps to bring back “me” time. Reminds to stay positive. Reminds about “self-caring”. Listening part very good. Remind to listen more and to focus on people’s reaction.
- Make me aware that meditation can be open and not just focus. Tools can be used in HK to help people to get focus and can do them daily.
- Bike concept very structured.
- Got me to think that you can do it in your daily life. Not easy in a group situation but workshop provide a safe place to do meditations together. Feel comfortable. Need to seek out opportunities.
- New experience. Help to think in new ways.

## WORKSHOP LEADER

Professor Yesha Sivan is the founder and CEO of i8 ventures - a business platform focusing on "innovating innovating". He is also a visiting professor of digital, innovation and venture at The Chinese University of Hong Kong Business School. Sivan's professional experience includes developing and deploying innovative solutions for corporate, hi-tech, government, and defense environments. He focuses on digital strategy (SVIT – Strategic Value of Innovation Technology), innovation and venture (employment black holes), mindful leadership (orange bike workshop), virtual worlds (3D3C platforms), and knowledge age standards. After receiving his doctorate from Harvard University, he has taught EMBA, MBA, executives, engineering and design courses in his areas of expertise.



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## COMMON QUESTIONS

1. Why Orange Bike?  
It is an easy-to-remember metaphor. We will share why we chose the orange color, in the workshop.
2. What is “wise intervention”?  
It is a relatively short experience that can have a lasting impact on individuals and groups (see the Stanford paper that describes wise intervention).
3. Does this relate to being Mindful?  
Yes, we are looking for effective ways to “install” mindfulness which is a well-researched domain, with thousands of years of tradition, and that is being practiced by leading firms like Google, McKinsey, General Mills, Aetna, and others (see Harvard Business Review Article).

