

It's all about well-being, eh?



## MINDFULNESS OF WHAT WE'RE MAKING IN OUR PH.D. ECOLOGIES

Dissertation by Erin Kreeger for Taos Institute/Tilburg University 2014

I recently completed my dissertation which was focused on how we can create more wellbeing in the world by how we are in our organizations and public institutions. As a kind of case study, I specifically focused on what I refer to as our “PhD. Ecologies.” The inquiry was about creating large scale culture shifts through every day practices, including through mindfulness of what we are making through our communication patterns. The inquiry was grounded in CMM and also informed by my Buddhist and Āyurvedic Medicine practices. I worked with CMM based questions and heuristics overtly as well as more subtly doing episode work and working to shift

the logic force around doctoral culture. This changed the way my dissertation looked compared to what a dissertation might typically look like (think a conversational graphic novel inspired format bookend by a more traditionally academic preface and coda.) It was enthusiastically received at my “defence” and I’d love to be in conversation with any of you who are interested in the topic or using CMM as a form of research method or whatever else! Let me know if you would like to read the abstract or the book. I’m at [erin\(dot\)kreeger\(at\)gmail.com](mailto:erin(dot)kreeger(at)gmail.com). Looking forward to seeing you at the Learning Exchange!