

DAVID I. ROME
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Writer, teacher, editor, coach, facilitator

(ongoing)

THE GARRISON INSTITUTE

GARRISON, NY

Senior Fellow (Aug. 2008 – Oct. 2011)

Managing Director (SVP) of Program Initiatives (Sep. 2004 – Aug. 2008)

Program Development

- Led development of three major initiatives applying contemplative methods for social change— Contemplation and Education, Transformational Ecology, and Transforming Trauma.
- Guided development of research projects, expert forums, public symposia, training curricula, communications, and dissemination activities.
- Supervised program directors and worked closely with president, senior advisers and program staff on program mission, strategy, case statements and funding.

Writing and Editing

- Wrote, rewrote and edited numerous institutional core documents, articles, reports and proposals.

Training and Facilitating

- Co-coordinated and facilitated historic interdenominational Buddhist Teachers Council, June 2011
- Conducted day-long Deep Listening training for all staff.
- Planned, coordinated and co-presented Presencing training with Otto Scharmer and Arawana Hayashi (January 2006)
- Taught meditation and deep listening for Garrison retreat programs

GREYSTON FOUNDATION

YONKERS, NY

Senior VP of Planning (1997 - 2005)

VP of Development and Planning (1994 - 1997)

Director of the Office of the Founder (1993 - 1994)

Planning and fundraising consultant (1992- 1993)

Program Development

- Created the Pathmaker Program, a framework for personal development applicable to staff as well as clients. Adapting Buddhist concepts, the Pathmaker Program is a holistic approach to developing professional and personal capacities including livelihood, emotional intelligence, education and training, self-esteem, and spirituality. Developed written instruments for professional and personal growth planning and for monitoring progress over time.
- Developed and monitored outcomes measures for five education, health, and human services programs.

CONSULTANT, 1987 - 1993

HALIFAX, NOVA SCOTIA

- Did political speechwriting for PR firm.
- Taught advanced meditation programs and retreats.
- Facilitated board meetings and did crisis management for Vajradhatu International meditation centers (now called Shambhala International).
- Consulted to book publisher Pantheon/Random House.

SCHOCKEN BOOKS

NEW YORK, NY

President (1986 – 1987)

Editor and Special Projects (1983 – 1986)

TEACHING (selected)

“Embodied Listening,” 3-day workshop co-taught with Hope Martin, Naropa University, Jan. 2014, and numerous other times at Shambhala Mountain Center, Karne-Choling, and local Shambhala Centers

“Focusing in Spiritual Counseling,” class presentation, General Theological Seminary, Dec. 2013

“Let Your Body Solve Your Problems,” 5-week phone class, Oct. 2013

Advanced Meditation Instructor 3-day training intensives in Boulder CO (x2), Halifax, Nova Scotia, Barnet VT, New York City, Atlanta, 2012-13

“Felt Sense in Action,” phone class, May 2012

“Finding the Felt Sense,” Harvard Pilgrim Health Care, Aug. 2012

“Unbinding the Body, Finding the Felt Sense,” weekend workshop, Dec. 2011, Barnet, VT

“Finding the Felt Sense,” phone class, Oct. 2011, May 2011, Sept. 2010

“Focusing for Meditators,” online video retreat, Tricycle Magazine, Oct. 2011

“Deep Listening,” five-day workshop, June 2010, Omega Institute, Rhinebeck, NY

“Focusing: A Deep Listening Workshop,” one-day workshop, Apr. 2010, Naropa University, Boulder, CO

Keynote, “Making Wise Decisions: Engaging the Body as a Source of Deeper Insights,” Applied Mindfulness Conference, July 2009, Barnet, VT 2009

“Introduction to Focusing,” class for Summer Principals Academy, May – July 2009, Columbia Teachers College, New York, NY

“The Inner Work of Social Change,” half-day workshop for Goddard College Masters program in Socially Responsible Business and Community, Oct. 2008

“Envisioning the Future of Contemplative Education,” Leadership Forum co-chair, Garrison Institute, October 2008

“Presencing,” with Otto Scharmer (ALIA summer institute, Halifax, NS, 2003 and 2004; Garrison Institute, Garrison, NY 2005)

Numerous one-day to ten-day workshops, trainings and public talks on Deep Listening, Focusing, Buddhism, Shambhala Training, etc.

WRITING AND EDITING

Your Body Knows the Answer: Using Your Felt Sense to Solve Problems, Effect Change, and Liberate Creativity, Shambhala, Oct. 2014

Contemplative Methods in Trauma Treatment; Integrating Mindfulness and Other Approaches, editor, Guilford Press, forthcoming

“Envisioning the Future of K-12 Contemplative Education,” with Patricia Jennings, in *Contemplation Nation; How Ancient Practices Are Changing the Way We Live*, Fetzer Institute, 2011

“Focusing and Meditating,” Tricycle Magazine, Fall 2011

“Are You Listening?” with Hope Martin, Shambhala Sun, July 2010, reprinted in *The Mindfulness Revolution*, Barry Boyce, ed., Shambhala, 2011

“Deep Listening as Love,” Parabola Magazine, Spring 2010

“The Deeper Dimensions of Transformational Change: A Call to Collective Inquiry and Action” book review, *The Systems Thinker* Newsletter, V15N5, 2005

“Searching for the Truth that Is Far Below the Search,” Shambhala Sun, Sept. 2004

Edited and wrote essays for two poetry collections by Chogyam Trungpa Rinpoche: *Timely Rain* (Shambhala, 1998) and *First Thought Best Thought* (Shambhala, 1983)

Introduction for *The Art of Calligraphy: Joining Heaven and Earth* by Chogyam Trungpa Rinpoche
(Shambhala Publications, 1994)

Numerous articles, reports and grant proposals for Garrison Institute, Greyston Foundation, etc.

EDUCATION AND TRAINING

Harvard University, B.A. (*cum laude*)

Authorized senior teacher and meditation instructor, Shambhala International

Registered Buddhist minister

Certified Focusing Trainer

Other training: Action Inquiry (with Bill Torbert), Foundations of Leadership (with Peter Senge), World
Café (with Juanita Brown and David Isaacs), Non-Violent Communication, strategic planning,
conflict mediation, facilitation

BOARD AND ADVISORY POSITIONS

The Focusing Institute, *Chair*

Garrison Institute

Greyston Foundation

Union Square Fund

Naropa University

Schocken Family Board, *Chair*

Vajradhatu International

Shambhala Publications

Schocken Books Inc.

The Nalanda Foundation

CARE (Cultivating Awareness and Resilience
in Education)