

*Purdue's Industrial-Organizational Psychology Program is proud to present*

2022 Ernest J. McCormick Memorial Lecture

**Lillian Turner Eby, Ph.D.**

*Mindfulness as a Strategy for Improving Relationships and Reducing Stress*

Thursday, February 10<sup>th</sup>, 2022, 3 – 4 pm EST  
Live on Zoom [link [here](#) or [tinyurl.com/McCormick2022](https://tinyurl.com/McCormick2022)]



Dr. Lillian Eby, Professor of Psychology, is an Industrial-Organizational Psychologist at the University of Georgia. She is a Fellow of the American Psychological Association, Association for Psychological Science, Society for Industrial and Organizational Psychology, and the Academy of Management. Her research interests center on relationships at work, factors that predict individual career success, worker well-being, and the intersection of work and family life. She has had extramural funding from the National Institutes of Health for the last decade and has published over 125 peer-reviewed journal articles and this work appears in scholarly outlets such as the *Journal of Applied Psychology*, *Personnel Psychology*, *Journal of Vocational Behavior*,

*Organizational Behavior and Human Decision Processes*, *Journal of Management*, among others. Dr. Eby has also co-edited three books, one on mentoring in organizational, educational, and community settings (Allen & Eby, Blackwell Press), one on the effect of relationships on employee attitudes, behavior, and well-being (Eby & Allen, Taylor/Routledge Press), and one on work and family (Allen & Eby, Oxford University Press). She is former Associate Editor of *Personnel Psychology* as well as the *Journal of Applied Psychology*. Currently, she is the Editor-in-Chief of the *Journal of Applied Psychology*. In addition to her active scholarship, Dr. Eby serves as the Director of the Owens Institute for Behavioral Research, a service unit under the Office for Research that promotes and supports interdisciplinary social and behavioral science at UGA.

### Abstract

Research on the application of mindfulness to organizational settings has exploded in recent years. Most of this research takes an intrapersonal perspective, examining how mindfulness can improve individual outcomes. However, other disciplines document the potential interpersonal benefits of mindfulness. A recent conceptual model of the relational aspects of mindfulness will be presented, along with a program of research aimed at examining the relational benefits of mindfulness. Intervention research on mindfulness training as a strategy for reducing workaholism will also be discussed.

## About Ernest J. McCormick



Professor Ernest J. McCormick, distinguished scholar in industrial psychology, earned a B.A. from Ohio Wesleyan University and an M.A. and Ph.D. from Purdue University. He authored the first textbook in the area of human factors, *Human Factors in Engineering and Design* and developed the “Position Analysis Questionnaire” (PAQ), the most respected and widely used instrument in assessing job analysis.

Among his many honors, McCormick received the 1986 Distinguished Scientific Contribution Award from the American Psychological Association. He was a professor of industrial psychology at Purdue from 1948-1977. Upon retirement, he received emeritus status and continued to contribute to the literature in the area of human factors until his death in 1990.

The Ernest J. McCormick Memorial Lecture is made possible through gifts to the McCormick Fund.