



## Desmond Lomax

Arbinger Institute: The Outward Mindset

Topic: *"Avoid the Pitfalls of Inwardness to Maximize Your Ability to Lead!"*

---

**Desmond Lomax** is a clinical mental health therapist who worked in the field of law enforcement and corrections for over 20 years. He retired from the Utah Department of Corrections, where he worked as the community programming director, in early 2020 and joined Arbinger as a senior consultant.

At the Utah Department of Corrections, Desmond worked to expand treatment resources for those on probation and parole throughout the State of Utah. He has a passion for helping others and was led by this passion to the field of therapy and corrections. He thoroughly enjoyed facilitating outward mindset workshops within the Utah Department of Corrections and saw the benefits that outward mindset brought to the department and the community it serves.

Desmond is an adjunct professor for the University of Utah in the field of forensic social work. He is a past president of the Utah Mental Health Counseling Association. He has a wife of 22 years who is a two-time cancer survivor.

---

Topic: *Avoid the Pitfalls of Inwardness to Maximize Your Ability to Lead!*

In this session, attendees will learn about proven, practical tools to influence change in individuals and across organizations. Participants will come to fully understand that to effectively influence others to change we must let ourselves be changed...and that one of the best ways to change ourselves is to truly focus on others' needs, challenges, and objectives. By the end of this session, participants will have been introduced to tools that will help them change their own perspectives and then invite others to change in ways that reduce resistance and inspire commitment rather than compliance.

For more information about Arbinger, [click here](#).