Mindfulness for Education, Health & Management

19 September 2014
Education Development Centre, Hindmarsh
9.00am-4.00pm

Registrations Now Open
http://www.trybooking.com/FFFBB
General $200 (Students $100)

Registrations Close Thursday 11th September

For more information visit:
**Mindfulness Symposium**

**PROGRAM**

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<th>Time</th>
<th>Event Description</th>
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<td>9:00</td>
<td><strong>Official Opening:</strong> Dr Janette Young</td>
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| 9.05-10.20| **Keynote Speaker:** Dr Craig Hassed  
*Mindfulness – life’s most important life-skill.* Mindfulness is a generic skill that has an infinite number of applications. Being able to effectively engage attention is a pre-requisite for virtually anything else we want to do and for that reason is the single most important life-skill we ever learn. This address will explore the science, philosophy and practice of mindfulness across a wide variety of settings including mental and physical health, ageing, emotional development and education. |
| 10.20-10.45| **Morning Tea**                                                                   |
| 10.45-11.15| **Guest Speaker:** Dr Maarten A Immink  
*ABC’s of health: awareness, balance and compassion* |
| 11.15-11.45| **EDUCATION**  
Mindfulness Based practices for children and teenagers - six easy and simple steps to promote health and well-being.  
Associate Professor Kathy Arthursen and Ms Catherine Bales  
**HEALTH**  
Experience a 3000 year old meditation: Yoga Nidra  
Dr Maarten A Immink  
**MANAGEMENT**  
Mindful Body Language  
Mr Matthew McGregor |
| 11.45-12.45| **EDUCATION**  
Mindful Learning – why attention matters in education  
Dr Craig Hassed  
**HEALTH**  
Breath, brain and big toe: how mindfulness of the body promotes physical and mental health  
Ms Georgie Davidson  
**MANAGEMENT**  
Mindfulness in the workplace: cultivating resilience and wellbeing in staff  
Dr Maura Kenny |
| 12:45 - 1:30| **Lunch**                                                                           |
| 1.30-2.00 | **Guest Speaker:** Dr Maura Kenny  
Mindfulness in the workplace: the benefits and the complexities |
| 2.00-3.00 | **EDUCATION**  
Opening Pandora’s Box: deepening our work in education with (inner sensing) mindfulness  
Dr Leigh Burrows  
**HEALTH**  
Integrated Meditation  
Ms Maria Harpas and Ms Lucy Barrett  
**MANAGEMENT**  
Cultivating Wisdom in Leadership  
Ms Liana Taylor |
| 3.00-3.25| **Afternoon Tea**                                                                  |
| 3.25-3.55| **Guest Speaker:** Ms Liana Taylor  
Future Directions in mindfulness: Cultivating wisdom in education, health and leadership |
| 3.55-4.00| **Symposium Close:** Dr Janette Young                                              |

Mindfulness: *Making a commitment to being fully present, moment-to-moment, with an attitude of openness and acceptance (that is, without judgement, labelling, or elaboration)* Hassed 2014

The symposium will comprise lecture-style presentations and practical sessions. Lectures will focus on interdisciplinary research and practice in mindfulness in three specialist sub-themes: education, health and management. In addition, participants will have the opportunity to develop skills through practical sessions.