Mindfulness in Society Track

Session 2: 10:30-11:45am

Name, Title, Affiliation:
Jessica Morey, Executive Director, Inward Bound Mindfulness Education (iBme)

Title of session:
“Relational Mindfulness: Authentic Communication, Attuned Listening, and Games!”

Brief description of session:
Jessica will share information about iBme's small-group structure, facilitation techniques, and activities that teach mindfulness in ways that are interactive and community-building. These relational mindfulness forms allow people to be deeply seen and heard, and to cultivate empathy and compassion for their peers.