

2nd Annual Mindfulness in Society Conference

Presented by NHTI—Concord's Community College

Friday, September 13, 1-7 pm

Saturday, September 14, 8 am – 4 pm

NHTI—Concord's Community College is a leader in integrating mindfulness into higher education and our work has attracted the attention of some of the biggest names in the field of mindfulness. Practicing mindfulness helps people succeed academically and professionally, thrive at a personal level, live satisfying lives, and connect with themselves and others. During this conference, we will explore how mindfulness can be used in business, health care, education, and personal relationships to benefit our lives and our society.

Anyone with an interest in mindfulness is invited to attend our 2nd annual Mindfulness in Society Conference whether this is your first time hearing about mindfulness, you want to deepen your practice, or you are hoping to connect with others in this community to share your ideas and experiences. This conference will sell out, so do not wait to secure your spot.

Friday Night Featuring Nationally-Known Speakers

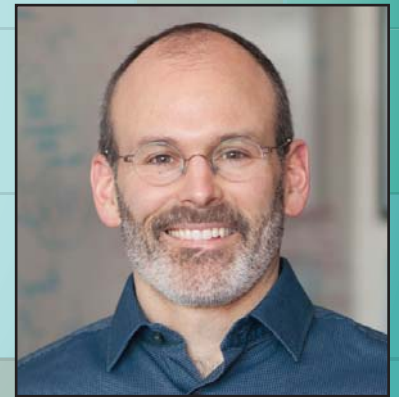


Congressman Tim Ryan - "A Mindful Nation in the Making"

Before being elected to Congress in 2002, Tim served in the Ohio State Senate and began his career in politics as a congressional aide in 1995. He is the author of *Healing America: How a Simple Practice Can Help Us Recapture the American Spirit* and *The Real Food Revolution: Healthy Eating, Green Groceries, and the Return of the American Family Farm*.

Judson Brewer - "How Mindfulness Helps Us Work with Our Craving Minds"

As the Director of Research and Innovation at Brown University's Mindfulness Center, Judson is an internationally known thought leader in the field of habit change and the "science of self-mastery" with over 20 years of experience in the mindfulness field. He is the author of *The Craving Mind: From Cigarettes to Smartphones to Love, Why We Get Hooked and How We Can Break Bad Habits*.



Rhonda Magee - "The Inner Work of Racial Justice"

As a student of a wide variety of Buddhist and other wisdom teachers, including Norman Fischer and Jon Kabat Zinn, Rhonda trained as a mindfulness teacher through the Oasis Teacher Training Institute of the University of Massachusetts Center for Mindfulness. She is Professor of Law at the University of San Francisco and is an internationally-recognized thought and practice leader focused on integrating Mindfulness into Higher Education, Law and Social Justice.



Saturday conference speakers are leaders in how mindfulness integrates into business, health care, education, and everyday society, with over 16 sessions to choose from.

For full conference schedule and registration information, visit: www.nhti.edu/mindfulness_conference



For more information contact:
Laura Scott, Director of Alumni & Development
lascott@ccsnh.edu or (603) 271-6484 ext. 4239

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Registration

Name: _____

Mailing Address: _____

Email: _____ Phone: _____

I will attend (Choose one required):

- Friday Registration 1-7 pm \$50
- Saturday Registration 8 am - 4 pm \$125
- Friday & Saturday Registration \$150

If attending on Saturday, you must circle which workshop you will be attending for each session:

Time	Track A Mindfulness in Health Care	Track B Mindfulness in Education	Track C Mindfulness in Society	Track D Mindfulness in Business
Session 1: 9-10:15am	Beyond the Hype: Understanding What Mindfulness Really is and What it Can Do for You and the Health of Your Community	Social, Emotional, and Mindful Learning (SEML)	Introduction to Mindfulness: How the Science & Practice of Awareness Supports Well- Being & Performance	The Mindful Practice of Conscious Leadership
Session 2: 10:30-11:45am	Mindfulness Basics: Self- Consciousness Redefined	Yoga & Mindfulness in the Classroom: Tools to Support Social & Emotional Learning, Student Success, & Positive Climate	Relational Mindfulness: Authentic Communication, Attuned Listening, & Games	Mindfulness: The Path to Inner Freedom (new-old stories)
Session 3: 1:15-2:30pm	The Mindful Provider	The Journey of Bringing Mindfulness into a K-12 Public School Setting	Where the Rubber Hits the Road, Health & Illness	Mindfulness & Meditation for the Busy Professional
Session 4: 2:45-4pm	The Wheel of Awareness: Healing and Coming to Your Senses	Mindfulness Director Initiative (MDI)	Mindful Communication: Impacting Academics, Workplaces, & Personal Lives	Communicating Mindfully in the Workplace: Improving Performance & Increasing Happiness
Bonus Session: 4:15-5pm	Conference Wrap-Up (Optional): Share your takeaways, both personally and professionally, from the conference and discuss how we can apply what we learned in our own communities			

Visit www.nhti.edu/mindfulness_conference for detailed descriptions of all the conference sessions and presenters.

Please list any accommodations you will require to fully participate in the conference (optional)

If attending on Saturday, please check all dietary restrictions that apply and we will do our best to accommodate you. (optional)

vegan gluten-free nut-free vegetarian dairy-free other _____

How did you hear about the conference? (optional): _____

Payment Options:

1) Register and pay online: www.nhti.edu/mindfulness_conference

2) Pay by credit card (We do not accept American Express):

Name on card: _____ Card #: _____

Expiration Date: _____ CVV#: _____

Credit Card Billing Address: _____

3) Pay by check. Make check payable to "NHTI—Concord's Community College"

Send registration form with payment to: NHTI—Concord's Community College, 31 College Drive, Concord, NH, 03301, ATTN: Amy Proctor