

Mindfulness in Health Care Track

Session 1: 9:00-10:15am

Name, Title, Affiliation:

Jon Roberts, operations manager of Harvard Pilgrim Health Care's *Mind the Moment* mindfulness program

Shanti Douglas, CPHWC, Mindfulness and HeartMath Certified Trainer and Coach, Author, Owner 8 limbs Holistic Health, LLC

Title of session:

"Beyond the Hype: How Understanding What Mindfulness *Really* Is Can Impact You and the Health of Your Organization."

Brief description of session:

Jon and Shanti will discuss lessons learned from their work bringing Harvard Pilgrim Health Care's *Mind the Moment* program into hundreds of organizations across New England, focusing on: the importance of debunking common misconceptions around mindfulness and meditation; how to effectively engage diverse audiences around this topic; why having qualified instructors is vital; and how the scope of what mindfulness training is able to offer can be radically reshaped by carefully listening to an organization's needs.