

Mindfulness in Society Track

Session 1: 9:00-10:15am

Name, Title, Affiliation:

Tara Healey, director of Harvard Pilgrim Health Care's *Mind the Moment* mindfulness program

Title of session:

"Introduction to Mindfulness: How the Science and Practice of Awareness Supports Well-Being and Performance"

Brief description of session:

In this program, master mindfulness trainer Tara Healey will introduce the basic principles and practices of mindfulness, a concentrated state of awareness that helps people see and respond to situations with clarity. Individuals who employ the techniques of mindfulness in their work are able to monitor moment-to-moment effectiveness, respond promptly and appropriately to difficulties as they arise, and remain open to new ideas and perspectives. Participants will be introduced to meditation practices that will teach them how to be more focused, creative, and resilient in all aspects of their lives.

Objectives

- Define and describe mindfulness, including the distinction between the two.
- Identify multiple methods of meditation practice.
- Summarize the latest scientific research around mindfulness.
- Integrate mindfulness techniques into daily work/home life.
- Direct participants to resources including books, studies, and websites for further study.