

## **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.