

## Mindfulness in Society Track

### Session 4: 2:45-4:00pm

- **Name, Title, Affiliation:**
  - Aaron Conn, Department Chair of Information Technology, NHTI--Concord's Community College
  - Paula DelBonis-Platt, Ph.D., Chair of Liberal Arts, Professor of English, NHTI--Concord's Community College
  - Katrina Magee, RDH, CPHDH, MS, Professor of Dental Hygiene, NHTI--Concord's Community College
  - Miranda Fahey, Dental Hygiene Student, NHTI--Concord's Community College
  - Lorna Tobin, Former NHTI Human Services/Mindful Communication Student
  
- **Title of session:**

“Mindful Communication: Impacting Academics, Workplaces, and Personal Lives”
  
- **Brief description of session:**

Professors and students involved in NHTI’s one-of-a-kind mindful communication certificate will explain how they infuse mindful communication training into general education courses that are required of students in several degree programs and available to all students at the college. They will share the results of studies that have been conducted on the foundational course of the certificate, as well as anecdotal evidence of the certificate’s impact on people’s lives. Finally, they will share feedback from employers that regularly hire NHTI graduates.