

3rd Annual

MINDFULNESS IN SOCIETY

MOVING FROM STRESS REDUCTION TO TRANSFORMATION



Presented by NHTI – Concord's Community College

This 4-part virtual speaker series invites you to explore how mindfulness can help us address challenges that have become central to our society over the last year. Personal and interpersonal insight can help build communities that foster connection, opportunity, health, and fulfillment.



Oct. 5 Mark Leonard, Mindfulness-Based Organisational Education

SOCIAL MINDFULNESS AS ORGANISATIONAL TRANSFORMATION

Mindfulness in organizations can help address challenges revealed in the pandemic.

SPECIAL: GUIDED MINDFUL MEDITATION WITH SHARON SALZBERG



Oct. 12 Mirabai Bush, founder, Center for Contemplative Mind in Society

REIMAGINING OUR LIVES THROUGH COMPASSION

COVID-19 has shown us how important others are to a healthy life, and compassion is what moves us to create a society with respect and care for all.



Oct. 19 Richard Goerling, certified mindfulness trainer, retired police officer

MINDFULNESS AND POLICE REFORM

We can engage critical forces of change in law, policy, and regulation to help bring culturally and trauma-competent mindfulness skills training to our police.



Oct. 26 Stephanie Briggs, owner of Be.Still.Move., former college professor

MINDFUL INTERSECTIONS: LIBERATION OVER TIME

Explore and discuss how mindful presence can pave the way for expanding personal truth and offer steps toward transformative healing.

EACH SESSION RUNS FROM 5-6:30 P.M.

COST: \$15 PER SESSION; \$50 FOR THE FULL SERIES

SIGN UP AT [NHTI.edu/mindfulness](https://nhti.edu/mindfulness)

All money raised through this series will support NHTI students through the NHTI Lynx Cupboard food pantry, NHTI Cares emergency fund, and The Presidents Fund book fund.

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