

## Additional Conference Sponsors

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Northeast Delta Dental

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NHTI Mindful Communications Club

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Carter Hill Orchard	Ram Companies
Chartwells Higher Education	Red River Theatres
Concord Food Co-Op	The River Guild
Dan Huston	Tom Raffio



## Mindfulness in Society

Presented by NHTI - Concord's Community College  
Tufts Health Freedom Plan & Yoga4Classrooms

**Saturday, September 8, 2018**

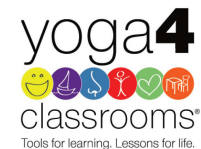
Celebrating the launch of NHTI's  
Mindful Communication Certificate

**and**

Exploring how mindfulness can improve  
our well-being, political discourse, education  
systems, health-care institutions and businesses

**Don't miss the raffle and bookstore  
in the registration area!**

Please note the **red** or **blue** color-code on your nametag  
for your assignment to morning and afternoon workshops.  
This provides everyone a chance to participate in each workshop.



## Conference Schedule

8 am	<b>Registration &amp; Continental Breakfast</b> Student Center Rotunda
	<b>Mindful Movement with Yoga4Classrooms</b> Multipurpose Room (located near registration)
9 am	<b>Welcome by Dan Huston,</b> <b>Professor of English &amp; Communication, NHTI</b> Sweeney Hall - Auditorium
9:15 am	<b>Keynote Address by Congressman Tim Ryan</b> Sweeney Hall - Auditorium
10 am – 12 pm	<b><u>Morning Workshops</u></b> (will repeat in afternoon)  <b>Sharon Salzberg &amp; Charlie Hartwell</b> Sweeney Hall – Auditorium <b>Red group</b>  <b>Margaret Fletcher &amp; Richard Brady</b> Grappone Hall – Auditorium <b>Blue group</b>
12 – 1 pm	<b>Lunch – Bagged Lunch</b> Pick up lunch in Student Center Rotunda and enjoy lunch at picnic tables around campus!  <b>Mindful Movement with Yoga4Classrooms</b> Multipurpose Room (located near registration)
1:15 – 3:15 pm	<b><u>Afternoon Workshops</u></b> (repeat from morning)  <b>Sharon Salzberg &amp; Charlie Hartwell</b> Sweeney Hall – Auditorium <b>Blue group</b>  <b>Margaret Fletcher &amp; Richard Brady</b> Grappone Hall – Auditorium <b>Red group</b>
3:30 – 4:45 pm	<b>Panel Discussion and Q&amp;A</b> <b>Moderated by Margaret Fletcher</b> Sweeney Hall - Auditorium
4:45 – 5 pm	<b>Closing Remarks by Professor Dan Huston</b>

## Communicating Mindfully for the Workplace

Wednesdays, October 10, 17, 24, 31, 2018

10:00 am – Noon

### Business Training Center at NHTI

**PART I:** Over the last two decades, mindfulness has enjoyed an exponential rise in nearly every facet of society. From health care to education, the military to professional sports teams, training in mindfulness is improving people's physical and psychological health, as well as their performance and life satisfaction. Many business leaders recognize the benefits mindfulness can bring to the workforce, including increased productivity and reduced health-care costs. This 4-part series introduces participants to the basics of Communicating Mindfully, a time-tested, internationally respected curriculum that infuses the study of mindfulness with the study of communication and emotional intelligence. Studies have shown participant improvement in all of these areas, suggesting this powerful combination increases a broad array of skills that benefit participants both personally and professionally. **\$175**

Customized training and certificate programs are also available on site or on NHTI Campus.

For more information: 603-230-4015 [nhtibtc@ccsnh.edu](mailto:nhtibtc@ccsnh.edu)





**Charlie Hartwell** is a change agent who shepherds ideas, resources, and talent to drive global sustainable growth. Charlie is energized by helping to build global movements that bring positive social change to humanity. For the past seven years, he has served as the Operating Partner for the Bridge Builders Collaborative, a group of highly successful investors and businesspeople who have come together to invest in the Mind Training space. Bridge Builders has invested in 10 companies in the Mind Training field, such companies as Interaxon (the Muse Headband), Insight Timer, Happify, Headspace, eMindful, MeetMindful, and others. You can learn more about Charlie by checking out ShiftIt Institute and Bridge Builders Collaborative and his blog: <https://medium.com/@charliehartwell>



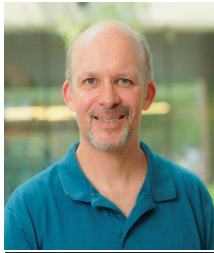
**Margaret Fletcher** teaches MBSR and other mindfulness-based programs, professional trainings, and presentations in the various educational pathways of the Center for Mindfulness (CFM) at UMASS Medical School, including the Mindfulness-Based Stress Reduction Clinic, Oasis Institute, and the community and workplace mindfulness programs. She brings over two decades of experience in corporate, small business, and non-profit settings to her teaching and training at the CFM. Prior to joining the faculty at the Center, Margaret was guiding teacher for White Mountain Sangha, a non-dual meditation community in NH. She is a founding member of the NH Professional Mindfulness Community.



**Richard Brady** is a retreat leader, writer, conference coordinator, and educational consultant. He is a board member and a founder of the Mindfulness in Education Network, an international organization with 1,700 participants. In 2001, he was recognized by Thich Nhat Hanh as a teacher in his tradition with a special focus on cultivating mindfulness in young people. Richard is a co-editor of *Tuning In: Mindfulness in Teaching and Learning* (2009). Other writings of his are available on the resources page of his website: [www.mindingyourlife.net](http://www.mindingyourlife.net)



**Lisa Flynn** is a respected leader in the field of yoga and mindfulness for children and in schools, as well as an accomplished author on these subjects. Her ChildLight Yoga and Yoga4Classrooms organizations provide evidence and trauma-informed professional development training, curricula, products, and services for those who support the social, emotional, and physical well-being of children. [www.childlightyoga.com](http://www.childlightyoga.com) [www.yoga4classrooms.com](http://www.yoga4classrooms.com)



**Dan Huston** for more than twenty years has spearheaded and guided the evolution of NHTI's mindful communication courses and programs. This work began with the creation of his Communicating Mindfully curriculum, which forms the basis for NHTI's new Mindful Communication Certificate. Launched in Fall 2017, the certificate is built into the following degree programs: information technology, human service, and addiction counseling. Students in other majors can also integrate the certificate into their courses of study. To the best of our knowledge, this certificate is unique in higher education, and today's conference was organized to celebrate and promote it as a resource to the Concord community and beyond.

The Mindful Communication Certificate is a culminating achievement of NHTI's Mindful TLC (Teaching, Learning, and Curricula) Team, which Dan chairs. Many of the faculty members on that team have studied Communicating Mindfully under Dan's guidance and worked with him to design curricula, much of which was supported by grants from the Department of Labor, the National Endowment for Humanities, and the Pink House Foundation. Dan has received training at the renowned Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School, founded by Jon Kabat-Zinn.

Dan has written extensively on mindful communication. His textbook, *Communicating Mindfully: Mindfulness-Based Communication and Emotional Intelligence* (August Learning), has helped hundreds of people achieve personal and professional success through an increased capacity to connect with themselves and others. The textbook has been adopted at 15 colleges and universities throughout the country and abroad. Dan's textbook is available for purchase today.

## Conference Presenters



**Congressman Tim Ryan** received his law degree from the University of NH School of Law and has been serving in the U.S. House of Representatives since 2002. He is a champion of efforts to make college more affordable, revitalize America's cities and improve the health and well-being of American families and children. He is the author of *Healing America: How a Simple Practice Can Help Us Recapture the American Spirit*, which is due to be released later this month but is available for purchase today.



**Sharon Salzberg** is a pioneer in the field of meditation, a world-renowned teacher and *NY Times* bestselling author. Sharon is the cofounder of the first Western meditation center in the US: The Insight Meditation Society, in Barre, MA. She has authored ten books, including the *New York Times* bestseller, *Real Happiness*; her seminal work, *Lovingkindness*; and her 2017 release, *Real Love: The Art of Mindful Connection*. Acclaimed for her down-to-earth teaching style, Sharon offers a secular, modern approach to Buddhist teachings, making them instantly accessible. She is a regular columnist for *On Being*, a contributor to *Huffington Post*, and the host of her own podcast, *The Metta Hour*, with over 70 episodes. A selection of Sharon's books are available for purchase today. [www.sharonsalzberg.com](http://www.sharonsalzberg.com)