

## Conference Sponsors

Bill Wilson Photography  
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Concord Food Co-op  
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Crossroads Chiropractic  
Full Spectrum Wellness  
Gibson's Bookstore  
National Association of Social Workers—NH Chapter  
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Unitarian Universalist Church



## 2nd Annual Mindfulness in Society Conference

Presented by NHTI - Concord's Community College

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

**Friday, September 13, 2019**

Student Center & Sweeney Hall Auditorium

**Saturday, September 14, 2019**

Student Center & Grappone Hall

### Located in the Student Center:

Conference Registration, Information, Gibson's Bookstore, Raffle Tickets  
Friday Reception, Saturday Breakfast & Lunch

### Available Early Morning & Early Afternoon on Saturday:

Mindful Movement	Meditation
1st Floor Multipurpose Room	2nd Floor Marty Hunt Room



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**CMind**  
the center for  
Contemplative Mind in Society



Northeast Delta Dental



## In-Kind Donors

43 Degrees North Athletic Club  
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Moving On Massage Therapy  
Pats Peak Ski Area  
Powerful You Yoga  
Red River Theatres  
Soak  
The Works Bakery & Café  
Tom Raffio

## NHTI Welcomes You!

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**Registration** 1—1:30 pm

**Keynotes** 1:30—4:15pm

**Panel Discussion** 4:15—5:15 pm

**Reception** 5:30—7 pm

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### Friday Keynote Speakers

**Congressman Tim Ryan** is a presidential candidate and the U.S. Representative for Ohio's 13th congressional district. He believes mindfulness and meditation can play a role in healing our country, and he has written a book on the topic: *Healing America: How a Simple Practice Can Help Us Recapture the American Spirit*.

**Judson Brewer, MD, PhD**, is the director of research and innovation at Brown University's Mindfulness Center. He has translated research findings into programs to treat addiction, and he founded MindSciences, Inc., an app-based digital therapeutic treatment program for anxiety, overeating, and smoking.

**Liz Kineke** is an award-winning writer and producer for CBS. She has created dozens of shows on faith and religion as they relate to intolerance, criminal justice, veterans, refugee resettlement and social justice, among other topics.

**Rhonda V. Magee** is a professor of law at the University of San Francisco. She is known for integrating mindfulness into higher education, law, and social justice, with a focus on minimizing social-identity-based bias. She is a fellow of the Mind and Life Institute.

## NHTI's Business & Industry Training Center

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



**Dan Huston, NHTI Professor of English** (*Introduction to Mindful Communication*) has spearheaded and guided the evolution of NHTI's mindful communication courses and programs for more than twenty years. Many of NHTI's faculty members 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.



**Lisa Stockwell, M.Ed.**, (*Communicating Mindfully for the Workplace*) has over 20 years' experience as an educator and trainer. As a trainer, Lisa has worked with organizations, groups and individuals on topics related to Motivational Interviewing, Mindfulness, Active Listening, Storytelling and chronic disease management. Lisa has worked with organizations such as Dartmouth College, Dartmouth Hitchcock, CMC, Elliot Health System, Lahey Health Behavioral Services, Lamprey Health, CHI, NH Head Start and Home Visitors, Primex, Southern NH AHEC, Manchester and Nashua Health Departments. Lisa is certified Train the Trainer, Life Coach, Master Trainer in Stanford's Chronic Disease Self-Management Program and a member of MINT.

## **Communicating Mindfully for the Workplace**

**Business Training Center at NHTI**

### **PART I—\$175**

Over the last two decades, mindfulness has enjoyed an exponential rise in nearly every facet of society. From healthcare 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 healthcare 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.

**Dates:** Tuesdays, October 8, 15, 22, 29, 2019, 1:30 – 3:30 pm

### **PART II—\$175**

This 4-part course is a continuation of Part I, which is a prerequisite for participants to enroll. During this course, participants deepen their understanding and practice of mindful communication through an in-depth look at the ways self-talk, self-concept, and assertive behavior impact communication.

Like Part I, this course is designed around the fact that each moment of our lives is unique and unpredictable. Consequently, CM Part II provides participants with the skills they need to accurately assess internal and external factors involved in any given communication experience and make effective choices about how to communicate productively based on that awareness. Through the study of communication theory and mindfulness, participants learn to identify and modify unproductive communication habits, thus increasing their ability to manage stressful situations and improve relationships with others .

**Dates:** Mondays 11/18, 11/25, 12/2 and 12/9 from 1:30 – 3:30 pm

## **Mindfulness in Society**

**Friday, September 13, 2019**

*Sweeney Auditorium & Student Center*

### **Welcome**

*NHTI President, Dr. Gretchen Mullin-Sawicki*

### **Introduction**

*NHTI Professor of English, Dan Huston*

### **A Mindful Nation in the Making**

*Congressman Tim Ryan*

### **How Mindfulness Helps Us Work**

#### **With Our Craving Minds**

*Judson Brewer, MD, PhD*

### **The Inner Work of Racial Justice**

*Rhonda Magee, JD*

### **Panel Discussion with Moderator**

*Liz Kineke*

### **Reception**

#### **Enjoy sips and samples from these local businesses**

<i>Area 23</i>	<i>Frekey's Dairy Freeze</i>
<i>Chartwells</i>	<i>Lithermans Limited Brewery</i>
<i>Concord Food Co-op</i>	<i>Mermaid Hill Vineyard</i>
<i>Constantly Pizza</i>	<i>Red River Theatres</i>
<i>Deeluxe Bartending</i>	<i>Washington Street Café</i>
<i>Eastern Bank</i>	

**Special Thanks to:** *Concord TV*

**Music by:** *Conor O'Brien*

## **Mindfulness in Society**

*Saturday, September 14, 2019*

**Registration, Continental Breakfast, Bookstore, Raffle**

**8—9 am**

**Mindful Movement in the Multipurpose Room**

**Meditation in the Marty Hunt Conference Room**

**8:15—8:45 am**

### **Morning Session 1**

**9—10:15 am**

*Beyond the Hype: How Understanding What Mindfulness Really is Can Impact You and the Health of Your Organization*

**Grappone 323**

*Social, Emotional, and Mindful Learning (SEML)*

**Grappone 301**

*Introduction to Mindfulness: How the Science and Practice of Awareness Supports Well-being & Performance*

**Grappone 325**

*The Mindful Practice of Conscious Leadership*

**Grappone 306**

**Break**

**10:15—10:30 am**

**Beverages, Bookstore, Raffle in Student Center**

## **Saturday Workshop Presenters continued...**

**Katrina Magee, RDH, CPHDH, MS**, is a professor of dental hygiene at NHTI.

**Jessica Morey** is the executive director of Inward Bound Mindfulness Education (iBme).

**Kirke Olson, Psy.D.**, is a NH licensed psychologist and a nationally certified school psychologist.

**Amanda Grappone Osmer** is the 4<sup>th</sup> generation steward of the Grappone Auto Group.

**Nick Perry** is a master certified Hyundai technician at the Grappone Auto Group.

**Jon Roberts** is the operations manager of Harvard Pilgrim Health Care's Mind the Moment mindfulness program.

**Andree Seeley** is a corporate financial analyst at the Grappone Auto Group.

**Sujeong (Sue-Jung) Shin, MSW, LICSW**, is a senior clinician at PCS, Inc.

**Cathy Smith** is a Honda sales team leader at the Grappone Auto Group.

**Deidre Smith, M.Ed.**, is a literacy specialist in the Hopkinton, NH School District.

**Lorna Tobin** is a graduate of NHTI's human services program.

**Doug Worthen** is the mindfulness director at Middlesex School in Concord, MA.

## Saturday Workshop Presenters

**Rick Alleva, Ed.D.**, is a youth & family resiliency field specialist at the UNH .

**Annabel Beerel, PhD, MBA**, is CEO of Ethical Leadership Consulting.

**Steve Chamberlin, CAGS**, is superintendent of the Hopkinton, NH School District.

**Aaron Conn** is the department chair of Information Technology at NHTI.

**Mary Danca, MD**, is a retired physician from Concord Hospital.

**Paula DelBonis-Platt , Ph.D.**, is the chair of Liberal Arts and teaches mindful communication courses at NHTI.

**Shanti Douglas, CPHWC** is a Mindfulness and HeartMath Certified Trainer and Coach, author, and owner of 8 limbs Holistic Health, LLC.

**Miranda Fahey** is a graduate of NHTI's Dental Hygiene Program.

**Lisa Flynn** is the founder and CEO of ChildLight Yoga and Yoga 4 Classrooms.

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

**Dan Huston** is a professor of English at NHTI, developer of Communicating Mindfully, and the coordinator of NHTI's mindful communication certificate.

**Melissa Laverack, MA**, is a certified MBSR teacher and practitioner.

**Debra LeClair, Psy.D.**, is principal of Full Spectrum Wellness, LLC and executive coach and facilitator for Sojourn Partners.

## Mindfulness in Society

Saturday, September 14, 2019

### Morning Session 2

9—10:15 am

*Mindfulness Basics: Self-Consciousness Redefined*

**Grappone 325**

*Yoga & Mindfulness in the Classroom: Tools to Support Social & Emotional Learning, Student Success & Positive Climate*

**Grappone 323**

*Relational Mindfulness:*

*Authentic Communication, Attuned Listening & Games*

**Grappone 301**

*Mindfulness: The Path to Inner Freedom (New-Old Stories)*

**Grappone 306**

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### Lunch

**Bookstore & Raffle!**

**Student Center**

**11:45 am—1:15 pm**

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*Mindful Movement in the Multipurpose Room (1st Floor)*  
*Meditation in the Marty Hunt Conference Room (2nd Floor)*

**12:15—12:45 pm**

**Student Center**

## **Mindfulness in Society**

Saturday, September 14, 2019

### **Afternoon Session 3**

**1:15—2:30 pm**

*The Mindful Provider*

**Grappone 306**

*The Journey of Bringing Mindfulness into a*

*K-12 Public School Setting*

**Grappone 323**

*Where the Rubber Hits the Road, Health & Illness*

**Grappone 301**

*Mindfulness & Meditation for the Busy Professional*

**Grappone 325**

### **Break**

**2:30—2:45 pm**

*Beverages & Bookstore in Student Center*

**See if you won a raffle prize during this break!**

## **Mindfulness in Society**

Saturday, September 14, 2019

### **Afternoon Session 4**

**2:45—4 pm**

*The Wheel of Awareness:*

*Healing and Coming to Your Senses*

**Grappone 323**

*Mindfulness Director Initiative (MDI)*

**Grappone 325**

*Mindful Communication: Impacting Academics,*

*Workplaces & Personal Lives*

**Grappone 301**

*Communicating Mindfully in the Workplace:*

*Improving Performance & Increasing Happiness*

**Grappone 306**

### **BONUS SESSION**

**4:15—5 pm**

*Share takeaways, both personally and professionally, from the conference and discuss how we can apply what we learned in our own communities.*

**Sweeney Auditorium**