



ACADEMIC WELLNESS AMBASSADOR

Pre-Conference Training

Updated as of 9/17/2024

Conference Schedule

This is a 2-day training session plan for mindfulness and meditation, tailored for professors who wish to introduce these practices in their own lives and into their classrooms. The objective is to provide them with a preparatory foundation in mindfulness and meditation techniques and strategies for integrating these practices into their teaching methods.

There are two dedicated introductory sessions for professors (one in each day) to enable them to experience yoga, mindfulness and meditation in their own life before embarking on a journey to teach the students. This plan aims to balance theoretical knowledge with practical experience, ensuring that professors are well-equipped to effectively introduce mindfulness into their classrooms.

Day 1: Understanding and Personally Experiencing Mindfulness and Meditation

7:30 AM - 8:00 AM: Welcome, Tea and Registration

8:00 AM - 9:30 AM: Yoga and Mindfulness - 1

- Overview of the program objectives and agenda.
- Brief introduction to yoga, mindfulness and meditation.
- Icebreaker activity: "Mindful Check-In" – Participants briefly share their current state of mind.

Practicing yoga and mindfulness.

10:30 AM - 10:15 AM: Mindful Eating - Vegetarian Breakfast

10:15 AM - 11:45 AM: The Science of Mindfulness

- Understanding the current context of education and classrooms
- Benefits of mindfulness for mental health, focus, and teaching effectiveness.
- Research findings on mindfulness in educational settings.
- Mindfulness and meditation practice.

11:45 AM - 12:00 Noon: Break

12:00 AM - 13:30 PM: Personal Mindfulness Practices For Stress Management

- Discussing participants' experiences of mindfulness and meditation
- Basic mindfulness techniques: simple yoga postures, breathing exercises, body scan, and mindful observation.
Guided group practice of each technique.
- Reflection and discussion on experiences.
- Q&A.

13:30 PM - Mindful Eating - Vegetarian Lunch

Day 2: Strategies for Creating Mindful Classrooms

8:00 AM - 9:30 AM: Yoga and Mindfulness - 2

- Practicing different yoga postures to cultivate mindfulness on the body level.
- Practicing different pranayam (breathing) methods to awaken mental and emotional energy.

Practicing mindfulness to live an energetic and happy life.

10:30 AM - 10:15 AM: Mindful Eating - Vegetarian Breakfast

10:15 AM - 11:45 AM: Applying Mindfulness in the Classroom

- Strategies for incorporating mindfulness into daily classroom routines.
- Practicing mindfulness in classroom settings.
- Role-playing scenarios where mindfulness can be applied (e.g., before exams, during stressful periods).

Discuss potential challenges and solutions.

- Q&A.

11:45 AM - 12:00 Noon: Break

12:00 AM - 13:30 PM: Classroom Activities for Mindful Learning

- Introduction to different practices: mindful breathing, loving-kindness meditation, mindful listening
Tips for establishing a regular mindfulness practice.
- Strategies for fostering a classroom environment conducive to mindfulness.
- Strategies for involving students in mindfulness practices.
- Participants create a personal mindfulness plan with goals and strategies.
- Q&A.

13:30 PM - Mindful Eating - Vegetarian Lunch

14:30 PM - 15:30 PM: Closing

- Roadmap and way forward.
- Presentation by Dr. Narketta Sparkman-Key, VP of Academic Wellness, STAR Scholarship Network
Presentation by Dr. Uttam Gaulee, President, STAR Scholarship Network.
- Certificates.