Mindfulness and Stress Reduction

An Introductory Workshop for All

Mindfulness is a way of meeting life’s challenges with greater calm, clarity and wisdom. It promotes professional resiliency, job satisfaction and overall well-being.

People who practice mindfulness experience: greater ability to cope with daily stress; decreased symptoms of burnout; enhanced interpersonal communication and increased satisfaction at work and at home. This interactive half-day workshop will give you a basic understanding and experience of mindfulness.

Learning Objectives: PFD Pathways: BEST 3 hrs.

Participants will:

- Explore an overview of mindfulness: - What is it?; How does it work?; How can it help reduce stress?
- Experience an introduction to a variety of guided mindfulness practices
- Explore strategies to enhance mindfulness in everyday life
- Discuss and Identify resources for continuing the practice

Facilitator: Anna Taneburgo, B.S.W., M.ED., R.S.W. has been teaching mindfulness to healthcare professionals since 2004, including Mindfulness Based Stress Reduction (MBSR), Mindful Communication, Mindful Leadership and Mindful Teaching. She trained at the Centre for Mindfulness in Medicine, Health Care, and Society, Univ. of Massachusetts Medical School and has studied with numerous teachers from various traditions.

SAVE THE DATE
May 8, 2019
Annual DAY in
FACULTY DEVELOPMENT

Registration Details:
Physicians: $ 50.00
Other HealthCare Prof: $ 40.00
Residents/Staff/Students: $ 20.00
(*non healthcare prof. staff)

Payable via University Chartfield # or cheque made payable to: McMaster University

Reserve a Space via Online Registration:
www.fhs.mcmaster.ca/facdev/online_registration.html

Plan to participate in other Program for Faculty Development events

FOR ADDITIONAL INFO.:
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