

**Wed., May 22, 2019**  
1:00 P.M. – 4:00 P.M.

DAVID BRALEY HEALTH SCIENCES CENTRE  
100 MAIN STREET WEST (CORNER MAIN & BAY)



**MINDFUL  
TEACHING:**  
*The Art and Science of  
Optimal Learning*

**How can we help our students learn?**

This interactive half-day workshop will explore: various models for teaching; ways to create conducive learning environments and approaches to different learning styles.

Participants will also be introduced to mindful teaching methods designed to cultivate deepened awareness, concentration and insight.

The experiential format will demonstrate the basic principles of adult learning and mindful teaching, and explore the applicability of these to your own setting.

**Learning Objectives:**

Participants will:

- Explore and have basic knowledge of the specific learning requirements of adults
- Discuss the factors that maximize the receptivity of the learner, and the uses of transmissional, transactional and transformational learning models
- Discuss the four basic learning styles and how to accommodate each type of learner
- Identify ways to cultivate mindful awareness to deepen knowledge

**Facilitator:** **Anna Taneburgo** has a Master Degree in Adult Education from OISE (Ontario Institute for Studies in Education), University of Toronto. She is a Mindfulness Educator and has taught at Mohawk and Sheridan Colleges, Hamilton Health Sciences, and McMaster University.

*PFD Pathways: BEST 3 hrs.*

**SAVE THE DATE**

**May 13, 2020**

**Annual DAY in  
FACULTY DEVELOPMENT**

**Registration Details :**  
for faculty/residents from departments partnered with the PFD, there is NO CHARGE - if you are unsure, please check with:  
[dicroce@mcmaster.ca](mailto:dicroce@mcmaster.ca)

Non-partnered departments (teaching McMaster students) -- \$ 50.00 paid via cheque made payable to: McMaster University, or via departmental account #. For other rates, please email:  
[dicroce@mcmaster.ca](mailto:dicroce@mcmaster.ca)

**To Reserve a Space via  
Online Registration:**

[www.fhs.mcmaster.ca/  
facdev/online\\_registration.html](http://www.fhs.mcmaster.ca/facdev/online_registration.html)

**Plan to participate in  
other Program for Faculty  
Development events**

**FOR ADDITIONAL  
INFO.:**

Elda DiCroce

[dicroce@mcmaster.ca](mailto:dicroce@mcmaster.ca)

[www.fhs.mcmaster.ca/facdev](http://www.fhs.mcmaster.ca/facdev)