FIRST STATEWIDE CONFERENCE,
MINDFUL EDUCATION
OCT. 19 @ CCSU

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Early Registration, Discount through Sept. 15

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NEW BRITAIN, CT -- Thanks to a grant from the Hartford Consortium for Higher Education, the inaugural statewide conference on Mindful Education: Building Inner Resilience will take place at Central Connecticut State University in the Student Center’s Alumni Hall on October 19 from 8 a.m. to 4:30 p.m.

Presented in conjunction with Capital Community College, the day-long event will focus on how mindfulness can serve as a foundation for teaching and learning in both the K-12 and higher education systems. Dr. Daniel Barbezat, professor of Economics at Amherst College and executive director of the Center for the Contemplative Mind in Society, will be the keynote speaker. Barbezat is interested in how self-awareness and introspection can affect education and economic decision-making.

Also speaking will be Stephanie Jelley, chief executive officer of umojawa. The New Jersey-based company is dedicated to promoting the successes of not-for-profit and volunteer work and also transforming community through civic engagement. Jelley has also developed programs to advance mindfulness and social-emotional learning in projects for at-risk teens. At Rutgers University’s Institute for International Peace she co-facilitated the installation of the Mindfulness Without Borders “Mindfulness Ambassador Council.”

As an added feature of the forum, a live simulcast of the Dalai Lama’s talk at Western Connecticut State University will be provided. The Dalai Lama believes that public education must play a pivotal role in cultivating inner values, such as compassion, justice, and self-discipline.

Conference workshops will highlight bringing mindfulness into Connecticut schools, as well as diverse topics such as using mindfulness in the treatment of posttraumatic stress and dissolving prejudice.

Early bird registration with discount is available through September 15. The program and registration form are available at: www.ccsu.edu/mindfuleducation.

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