Keynote Address

Presenter: Lauren B. Cattaneo
Time: 9:00 – 9:45 am
Location: JC Cinema

Lunchtime Keynote Address “Enjoying the Lightness of Being”

Speaker: Dr. Param Srikantia
Time: 1:00 – 1:45
Location: JC Cinema

We have all known moments when we experience the full potential for enjoyment and richness in our lives. Yet, in our everyday lives, we seem to be making very little of this profound potential. As the years roll by, the reality of our day to day life becomes far removed from the possibilities for joyous fulfillment that we once glimpsed. For example, have you noticed how exhausted and drained out many of us are at the end of the day? Isn't it strange that no matter how much money we make, we are in a condition of perennial scarcity? Isn't it ironic that with increasing levels of material affluence, we are left with progressively less leisure or peace of mind to enjoy our life? This is a talk that speaks to the heart of these contradictions and enables you to transform your inner reality with the help of techniques and perspectives rarely known to modern industrial civilizations. The perspectives will help you live each moment with wakefulness and a sense of vitality, experiencing a profound appreciation of life rather than the chronic, restless discontent that usually envelops us.

Breakout Sessions

Moving Toward Flexibility and Resilience
Presenter: Julia Morelli
Time: 10:00 – 11:00 am and 11:15 am – 12:15 pm
Location: JC 3rd Floor Meeting Room A

Learn practices that support your ability to respond and adapt to challenging situations. Using somatic (body) awareness and mindful movement, you can develop habits that foster well-
being. These practices do not require a lot of time, and you can do them at work. Come learn about the importance of self-awareness, and the power of movement. All it takes is an open mind, and commitment to start with small changes.

**Presenter:** Deanna Busteed  
**Time:** 10:00 – 11:00 am  
**Location:** JC 3rd Floor Meeting Room B

**Leading With Your Values: Building Capacity for Resilience From the Inside-Out**  
**Presenter:** Mary Elizabeth Lynch  
**Time:** 10:00 – 11:00 am and 11:15 am – 12:15 pm  
**Location:** JC 3rd Floor Meeting Room C

Times of great change and turbulence challenge us to be flexible and adaptable. Paradoxically, times of uncertainty also challenge us to be firmly grounded in our values and ideals.

In this workshop you will learn some practical tools for clarifying and living the values that define the highest and best of who you are. This is a hands-on, experiential session that invites your intuitive wisdom and somatic intelligence to play a major role. You will leave with a clearer picture of how to navigate personal and professional challenges with the support of your most treasured values and ideals.

**Cultural Dexterity and Cultural Humility as Strategies to Realize Inclusive Well-Being**  
**Presenter:** Angela Hattery  
**Time:** 10:00 – 11:00 am and 11:15 am – 12:15 pm  
**Location:** JC 3rd Floor Meeting Room E

This session will focus on both individual and structural strategies for ensuring that the spaces we inhabit (work, home, neighborhood, community) are inclusive spaces where everyone is not only welcome but thriving. The session will be interactive and participants will leave with at least one strategy they can implement immediately in their work and/or professional lives.

**Do You Adapt to Cope or to Win?**  
**Presenter:** Ann Rosser  
**Time:** 10:00 – 11:00 am and 11:15 am – 12:15 pm  
**Location:** JC 3rd Floor Meeting Room F

Session Description: We all face situations that require change. However, what characteristics determine whether we "win" or we "muddle through"? In this session, participants will learn what constitutes adaptability and the benefits gained when adaptability can be mastered.

**Presenter:** Donielle Nolan  
**Time:** 10:00 – 11:00 am and 11:15 am – 12:15 pm  
**Location:** JC 3rd Floor Meeting Room G
ANTs are automatic negative thoughts that have short and long-term impact on emotions, mood, physiological health, behaviors, etc. This session will review common patterns in automatic negative thoughts. Participants will gain self-awareness and have the chance to practice evidence-based strategies to squash ANTs and manage in stressful situations...so ANTs won’t ruin your picnic.

A Mindful Mind
Presenter: Dr. Millie Rivera
Time: 2:00 – 3:00 pm
Location: JC 3rd Floor Meeting Room F

In this session we discuss how we perceive reality and how that impacts the way we interpret facts and view situations and people. We also discuss the power of our mind-talk and how mindfulness can help us reframe the way we interpret situations and view people so we can be more responsive and less reactive.

Application Stations

Coffee and Connections
Time: 3:15 – 4:00 pm
Location: JC George’s

Join us for coffee and connections in a café setting perfect for sharing ideas, building relationships, or quietly reflecting on your day’s learning.
Guided Meditations and Writing Activities
Presenter: Katie Clare
Time: 3:15 – 4:00 pm
Location: JC 3rd Floor Meeting Room C

In this active learning session, give yourself time to begin processing and savoring the learning and connecting that happened over the course of the day. Time will be devoted to guided meditations and writing activities. Our activities will be helpful to you no matter which sessions you attended throughout the day. If you feel overloaded with information and ideas or overstimulated from the day, join this session for a quiet, meaningful finish.

Wellness Walk
Leader: Philip Wilkerson
Time: 3:15 – 4:00
Location: JC Dewberry Hall Lobby

End your day with a walk across campus. Join Philip Wilkerson from University Career Services for a 45-minute wellness walk. Enjoy the sights and sounds of Mason while reflecting on the day’s theme – adaptable, FLEXible, RESILIENT.