Keynote Address “Standing in the Messy Middle: and other Key Steps in Building Resilience”

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

Resilience is not a trait we either have or don't have, and it is not a gift we can give. Rather, resilience is a process we can engage in ourselves and facilitate (or disrupt) in others. This talk will highlight key aspects of the process of resilience, with particular attention to how faculty and staff can facilitate it in students.

Can’t join in person? Join via WebEx:  
https://gmu.webex.com/gmu/onstage/g.php?MTID=e16c0340390a93f294f343ff1a9063677 or Dial in at +1-415-655-0003 using access code: 640 066 654  

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.

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**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.

**Utilizing Mindfulness to Optimize Your Health and Physical Wellbeing**
Presenter: Deanna Busteed MS, RD, CSSD, RYT-200  
Time: 10:00 – 11:00 am  
*Location: JC 3rd Floor Meeting Room B*

Mindfulness is a powerful tool that can improve physical health and overall wellbeing. Deanna will share some easy ways to practice mindfulness in order to promote positive changes in your health, attitudes and behaviors. Come with an open mind and ready to try some mindful practices!

**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

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.

Fresh Food for Energy & Endurance: Grow your Own Microgreens Indoors
Presenter: Donielle Nolan
Time: 10:00 – 11:00 am and 11:15 am – 12:15 pm
Location: JC 3rd Floor Meeting Room G

Learn from our campus greenhouse manager how to start growing your own nourishing food indoors. Microgreens only take 2 weeks to grow, and you'll receive all the supplies you need to start growing! Consume your fresh greens as they grow at home, to gain more energy and prevent disease. Learn more about growing food at our campus greenhouse and gardens by visiting green.gmu.edu.

Embracing Stress: The Four C’s for Expanding Emotional Capacity
Presenter: Dr. Rachel Wernicke
Time: 2:00 – 3:00 pm
Location: JC 3rd Floor Meeting Room B

Many of us were taught to think of stress as a bad experience that must be avoided. While it is true that stress can be overwhelming and harmful, it can also produce positive outcomes when we learn different ways to relate to it. Participants will learn the value of embracing rather than avoiding stress, and will take away evidence-based practices for expanding emotional capacity through courage, conviction, compassion, and connection.
Keep ANTS from Ruining Your Picnic  
Presenter: Melissa Schreibstein  
Time: 2:00 – 3:00 pm  
*Location: JC 3rd Floor Meeting Room E*

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.

Self and Community Care: Why is it Important for Faculty and Staff?  
Presenter: Al Fuertes  
Time: 2:00 – 3:00 pm  
*Location: JC 3rd Floor Meeting Room G*

Faculty and staff often face moderate to high stress levels as a result of pressure from heavy teaching, research, and professional load, peer and family pressure, school and community obligations, financial debt or doing volunteer or community service locally and internationally. Although a certain amount of stress may have its own benefits, too much stress can lessen anyone’s ability to be productive and pay attention to their personal, social, and professional undertakings. On this regard, how and in what ways do our faculty and staff take care of themselves? How can we nurture a caring and supportive academic community? What sustains us as individual and as a community? These are some of the questions participants in the workshop will address toward effective self and community care practice.

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.