

Perth Mindfulness Conference

The Next Generation of
Mindfulness Practice and
Research



Perth Western Australia
28 – 29 September 2018
Friday – Saturday

Mindfulness Draft Program Friday 28th September 2018

| | | | |
|-------------|--|--|--|
| 8.00am | Registrations | | |
| 9:00am | Official Welcome | | |
| 9.10am | Keynote speaker Timothea Goddard, Director of Openground and Mindfulness Training Institute - Australia & New Zealand <i>Possibilities and pitfalls for the mindfulness movement</i> | | |
| 10:00am | Morning Tea | | |
| | Auditorium 1 | Auditorium 2 | Tomasi Room |
| 10.30-11.30 | Workshop David Michie <i>Experiencing the true nature of our consciousness</i> | Workshop Johanne Klap, Murdoch University <i>Research into Mindful Leadership with WA School Leaders</i> | Sarah Moore, Rural Clinical School of WA <i>Online mindfulness training for rural medical students: a pilot study</i> |
| 11.30-12.30 | Workshop Timothea Goddard <i>Trauma Sensitive Mindfulness: making mindfulness safe</i> | Workshop Regina Gerlach <i>Online Mindfulness Based Programs</i> | Presentation |
| 12.30-13.30 | Lunch (Meditation 13:10 -13:30) in workshop room | | |
| 13.30-14.15 | Keynote Speaker Prof Craig Hassed, Coordinator of Mindfulness Program, Monash University <i>Mindfulness, Mental Health and Schools - the hype, the hopes and the fears</i> | | |
| | Auditorium 1 | Auditorium 2 | Tomasi Room |

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| 14.15-15.15 | Workshop Ron Cacioppe <i>Mindfulness in Flow: the next generation of mindfulness research, teaching and leadership</i> | Workshop Kathryn Choules <i>Mindfulness: How our neuro-biology makes non-reactive presence such a challenge</i> | Presentation |
| 1515 – 15:35 | Afternoon Tea | | |
| 15.35-16.35 | Workshop Karen Haddon <i>Mindfulness in Education – A National and International Context</i> | Workshop Susan Jackson <i>Stepping into Flow</i> | Presentation |
| | Close of Day One | | |

Saturday 29th September 2018

| | | | |
|------------|---|--|--------------|
| 8.00am | Registrations | | |
| 8.30am | Keynote speaker (Including meditation for 15 minutes) Ajahn Brahm, Abbot of the largest Buddhist monastery in the Southern Hemisphere <i>Mindfulness Plus</i> | | |
| | Auditorium 1 | Auditorium 2 | Tomasi Room |
| 9.30-10.30 | Workshop Michael Fox & Antonia Clissa <i>Accelerating Mindfulness Practice by using HeartMath biofeedback apps</i> | Workshop Ajahn Brahm <i>How to Empower Mindfulness</i> | Presentation |

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| 10.30-11.00 | Morning Tea | | |
| | Auditorium 1 | Auditorium 2 | Tomasi Room |
| 11.00-12.00 | Workshop Kevin Yuen <i>My 'It' response plan...what's yours?</i> | Workshop Kasia Orłowska-Meinen <i>Mindful Communication</i> | Presentation |
| 12.00-13.00 | Lunch | | |
| 13.00-14.00 | <p>Panel: Next Generation Mindfulness: What Next: How, When and Where?" Chair: Ron Cacioppe, Integral Development Speakers: Nick Martin, Sir Charles Gairdner Hospital Karen Haddon, Mindfulness Based Stress Reduction (More speakers to come)</p> <p>Synopsis: A panel of experienced mindfulness teachers, researchers and leaders will provide answers and recommendations about applying mindfulness programs and practices in your life and organization. They will discuss key lessons that have emerged from the conference and their relevance to health, education, government, not-for-profit and profit organizations. The panel will describe resources, courses, books, technology and other ways to take to make mindfulness part of your personal and professional world. Come to this panel discussion and ask questions that ensure you leave this conference with everything you need to be part of the next generation of mindfulness.</p> | | |
| 14.00-14.45 | <p>Keynote Speaker Lisa Forrest, Author, Ex Olympian <i>GLLIDE and a Tedx</i></p> | | |
| 14.45-16.00 | Closing Remarks & Drinks | | |