

Mindful Learning

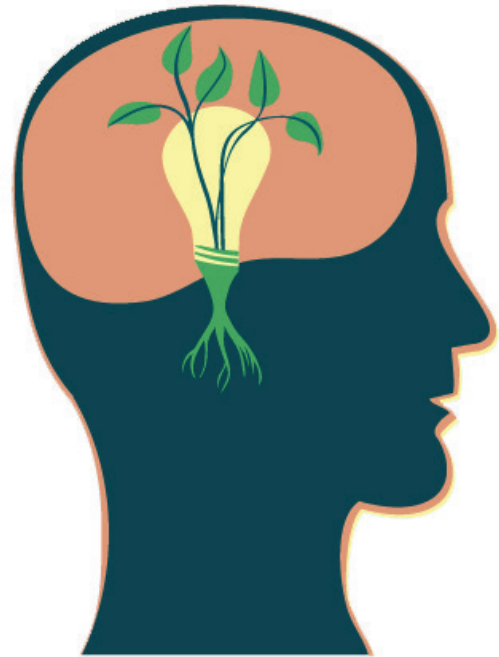
Mindfulness is both a form of meditation and a way of living. It is a generic skill that has many applications relevant to education. Being able to effectively engage attention is a pre-requisite for virtually anything else we want to do and for that reason is the single most important life-skill we ever learn. This interactive presentation will explore the science, philosophy and practice of mindfulness with a particular focus on aspects relevant to education such as memory, executive functioning, behaviour, problem-solving, relationships and mental and physical health.

Mindfulness is increasingly being used in educational environments as a proven way to help students:

- > Learn more effectively
- > Develop personally
- > Enhance their physical and emotional health
- > Deal with study and exam-related demands

DETAILS:

- > Tuesday 2 August 2016
- > 7.30pm - 9.00pm
- > Camberwell Girls Grammar School
Barbara Sutton Hall
2 Torrington Street Canterbury
- > RSVP TO:
Victoria Hargreaves
hargreavesv@cggs.vic.edu.au



Associate Professor **Craig Hassed** works at the Department of General Practice and is coordinator of mindfulness programs at Monash University. He was the founding president of the Australian Teachers of Meditation Association and is a regular media commentator. He writes regularly for medical journals and has published eleven books including a book written with Richard Chambers, 'Mindful Learning' on the role of mindfulness in education.

