Marketing Mindfulness:
A Three-Step Meditation Practice for the University’s Post-Pandemic Community

Practice Session with by Dr. Jacqueline (Jakki) Williams
2022 Conference on Higher Education Pedagogy
Practice Session Outcomes

1. Describe Contemplative Practices for Campus Stakeholders
2. Experience the Sura Flow™ Effortless Meditation Practice
3. Share Ideas for Contemplative Community Practices

A Community of Practice is a group of people who "share a concern or a passion for something they do and learn how to do it better as they interact regularly".

The concept was first proposed by cognitive anthropologist Jean Lave and educational theorist Etienne Wenger in their 1991 book Situated Learning.
What are contemplative practices?

Activities that we undertake to intentionally cultivate awareness and develop a stronger connection to our surroundings and our inner wisdom.


https://www.contemplativemind.org/practices/tree
From: The New York Times -- “No Texts, Please, We’re Meditating”

https://www.nytimes.com/2016/03/20/nyregion/no-texts-please-were-meditating.html?smid=em-share
Benefits of Contemplative Practices:

• stress reduction
• enhanced attention and awareness abilities
• improved self-regulation
• enhanced empathy awareness

https://www.jmir.org/2020/9/e22817/
SURA FLOW
3 Steps to Effortless Meditation & Unexpected Miracles

• 1. Relaxation
• 2. Heart Listening
• 3. Intention Setting

LIBERATE
12-Week Certified Meditation Coach Training Course

MEDITATION FOR LEADERS
sura kim
Let’s Meditate

• 1. Relaxation
• 2. Heart Listening
• 3. Intention Setting
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Worry Less, Live More.
Learn to manage your anxiety during these uncertain times.

Check in daily with your mental health.

Listen to meditations for your COVID-19 anxiety.
Ideas

1) Try a meditation app...
2) Dedicate time & space for sharing contemplative practice ...
3) Insert a contemplation practice into an academic activity...
Thank you & Feel free to contact me:
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