

12-14 November 2015, Nuremberg

**Effectively employing mindfulness interventions at work.**

**PROPOSED TIMETABLE**

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| **Thursday 12 November** | |
| 1600-1700 Arrival and refreshments |  |
| 1700-1715 Opening presentation from EAWOP Executive Committee and description of the programme – *Helen Baron and Dr Angela Carter* |  |
| 1715-1900 **Brief introduction to mindfulness, Dr Ute Hülsheger,** **Maastricht University & Marina Grazier, The Mindfulness Exchange** –followed by group meditation activity and discussion of applying mindfulness in our work |  |
| 1900-2000 Free time and pre-dinner drinks |  |
| 2000 - Dinner in the hotel |  |
| **Friday 13 November** |  |
| 0900-1100 **Dr Ute Hülsheger, Mindfulness and the individual** – with facilitated discussion | |
| 1100-1130 Break |  |
| 1130-1300 **Dr Ute Hülsheger, Mindfulness and work performance** – with facilitated discussion |  |
| 1300-1400 Lunch |  |
| 1400-1600 **Marina Grazier, Mindfulness and Organisations**– with facilitated discussion and  optional short mindfulness breathing exercise |  |
| 1600-1630 Break |  |
| 1630-1700 **Mindfulness practice session with Marina Grazier** |  |
| 1700-1730 Discussion of mindfulness practice |  |
| 1730-2000 Museum visit, sightseeing, or free time |  |
| 2000- Dinner |  |
| **Saturday 14 November** |  |
| 0930-1130 **Marina Grazier, Benefits and pitfalls of using mindfulness in organisations** | |
| 1130-1200 Refreshments |  |
| 1200-1300 Final facilitated discussion of our future use of mindfulness |  |
| 1300-1330 Evaluation of programme and next steps |  |
| 1330-1430 Lunch and depart |  |
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