

## Mindfulness in Colleges Network Event

Friday 16 June 2017

West Lothian College, Almondvale Crescent, Livingston, West Lothian, EH 54 7EP



### Programme

- 0930      **Registration and Coffee**
- 1000      **Welcome**  
Mhairi Harrington, Principal of West Lothian College
- 1005      **Mindfulness in Colleges Network – Setting the context**  
Barbara-Ann Greig, Lecturer, West Lothian College and George Gillen,  
Lecturer, Glasgow Kelvin College
- Barbara-Ann and George will set the scene; share the aims and rationale for the day.
- 1015      **Opening Practice and Enquiry**  
Dr Lyndsay Lunan, Youth Mindfulness



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**1045 Mindfulness in Daily Life**

Mindfulness is always mindfulness of something – cultivating our intention and attention to our way of being whatever our role is in college. During this session we will explore the concept of mindfulness in daily life and how we can bring our practice to our work.

**1115 Coffee**

**1130 Question and Answer – Let’s hear from you!**

During this interactive session we will receive updates from practitioners who are facilitating mindfulness in their colleges or organisations:

- Lyn Ma, Glasgow Clyde College
- George Gillen, Glasgow Kelvin College
- Barbara-Ann Greig, West Lothian College
- Lyndsay Lunan, Youth Mindfulness
- Frances Kelly, City of Glasgow College
- Susan McAvoy, Dundee and Angus College
- Sandy MacLean, College Development Network

**1230 Lunch**

**1330 Body Scan Practice**

Barbara-Ann Greig, Lecturer, West Lothian College

**1345 Training Pathways**

During this session we will explore the training pathways available for those who want support in developing a mindfulness practice and those who are interested in becoming a mindfulness facilitator.

**1415 Question and Answer – Let’s hear from you! (cont.)**

**1445 What next for the Mindfulness in Colleges Network?**

**1515 Final Practice**

**1530 Close**