



EVENTS

Integrating mindfulness and compassion

Date: Thursday, 7 September, 2017

Venue: Broadway House, Tothill Street, London, SW1H 9NQ

Facilitator: Alison Carter, IES

Programme

09.30 *Registration and refreshments*

09.45 Welcome and introductions
Alison Carter, Principal Research Fellow, IES

10.00 What do we mean by 'compassion at work' and why does it matter?
Liz Hall, IES Associate, Mindful Coach and Joint Editor of the pilot edition of *International Journal of Mindfulness and Compassion at Work*

10.30 Mindfulness as a collective practice
Jutta Tobias, Senior Lecturer, Cranfield University

11.30 *Coffee break*

11.45 How can HR leverage these concepts to improve our organisational systems and culture?
Alison Carter, Principal Research Fellow, IES and co-Author of *Mindfulness in Organisations*

12.30 *Lunch and depart*

HR Network bookings and enquiries

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