

Creating and Sustaining a Mindful School

15 December 2021 14:30 - 17:30

It is increasingly common for school leaders to incorporate mindfulness initiatives, programmes and activities into their school curricula. Research has shown that mindfulness contributes to the holistic well-being of students and teachers. But what exactly is mindfulness, and how can school leaders create and sustain a mindful school? This workshop introduces the "R.E.S.T." approach to participants that integrates mindfulness theories with the Confucian notion of "respectful attention" (*jing* 敬) towards oneself, others, things and events. Through case studies and small group discussions, school leaders will learn, reflect on and share how they may promote mindfulness in their school community in an effective and sustained manner.

Please note that this workshop is not a mindfulness session where participants engage in mindfulness practices, but a workshop on how to foster mindfulness in schools.



Professor Charlene Tan

ABOUT THE FACILITATOR

Charlene Tan, PhD, is a professor in educational policy and leadership at the Faculty of Education, University of Hong Kong. Born and raised in Singapore, she has more than 20 years' experience as a schoolteacher and teacher educator, including 17 years at Nanyang Technological University where she taught educational leaders from Singapore and China. Author or co-author of 10 books and over 160 journal articles and book chapters, her books include *Confucian Philosophy for Contemporary Education* (2019); *Comparing High-Performing Education Systems: Singapore, Shanghai, and Hong Kong* (2020); and *Mindful Education: Insights from Confucian and Christian Traditions* (2021). Professor Tan is also a mindful education instructor who completed her training through the University of Oxford Mindfulness Centre, University of San Diego, and Mindfulness in Schools Project (MiSP). She is currently writing a book on mindful leadership, and is committed to promoting the holistic well-being of all students and educators.

Target Participants:

Principals, Vice-principals, Assistant Principals and other School Leaders in Local Kindergartens, Primary and Secondary Schools

Quota: 20 Participants

Fee: HK\$700 / Participant

Medium of Instruction: English

Venue: Main Campus of The University of Hong Kong



Registration:
www.alite.edu.hku.hk