School-University Partnership Symposium 2023

Mental Wellbeing Matters

Keynote

Title: Mindfulness and Its Effectiveness

Speaker: Prof. Shui-fong Lam, Director of the Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative

Abstract: In recent decades, a plethora of evidence has shown the effectiveness of mindfulness in ameliorating emotional disorders and enhancing mental well-being. Nevertheless, the meaning of mindfulness may not be lucid to many people. In this keynote address, Prof. Shui-fong Lam, the Director of the Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative (JC PandA), will help the audience understand mindfulness by experiential learning (i.e., actual participation in a brief mindfulness practice). She will also explain the mechanisms that account for the effectiveness of mindfulness and clarify the relationship between religions and mindfulness. Finally, she will illustrate how mindfulness can be applied in the education sector with reference to the work of the JC PandA.