**Mindfulness: A Powerful Tool to Successfully Navigate and Solve Conflicts**

 **Barbara Hummel and Armando Cecatiello**

9:00-9:15: What is Mindfulness?

 - Current research on benefits of mindfulness and participant familiarity with mindfulness

- Jon Kabat-Zin

9:15-9:30: Exercise and Discussion: Becoming Present

* Noticing the Body
* Noticing the inner experience
* Practice of Breathing

9:30-10:00: The Beginner Mind in Understanding Emotions - The internal V

* Tuning into body and Breathe
* Judgments, Feelings, Anger, Fear, Pain
* Open to Other's and Empathy
* Connection
* Expression

10:00-10:30: Case Example - One on One Practice

- Moving from Judgments to Curiosity and Compassion

* Accessing your inner world
* Debrief exercise

10:30-11:00: Connecting our inner experience to understanding our clients needs

11:00-11:30: Specific Mindfulness practices and to develop presence in the moment

* Learning to observe the Observer and get to the balcony

11:30-12:00: Fitting Mindfulness into your practice and your life with specific practices