



University of Arkansas, Fayetteville

Mindfulness and Faculty Development

Claudio Senna Venzke

Unisinos University, Brazil

senna@unisinos.br

UNISINOS

LOCATION



 UNISINOS

Porto Alegre and Sao Leopoldo, RS, Brazil

A JESUIT UNIVERSITY

UNISINOS belongs to a global universities network supported by the Jesuits Corporation. It was founded in 1969, in Southern Brazil.

UNISINOS has employed efforts in order to contribute to a regional development through education, research and social and business initiatives. The investment in research, technology and innovation with a global strategic orientation has been one of the drivers for setting a new knowledge economy in the region as a global research university.

Sao Leopoldo Campus



Campus Porto Alegre Opened in March 2017



Context

- In early 2015, a group for meditation practices was formed at Unisinos University, in Southern Brazil, with the initial objective to expose the meditation benefits to reduce stress at work.
- This group was initially composed of business school professors but growing up rapidly after the arrival of professors from other areas, students and university staff.
- With the dissemination in the university communication channels the group also aroused interest of the community outside the university.

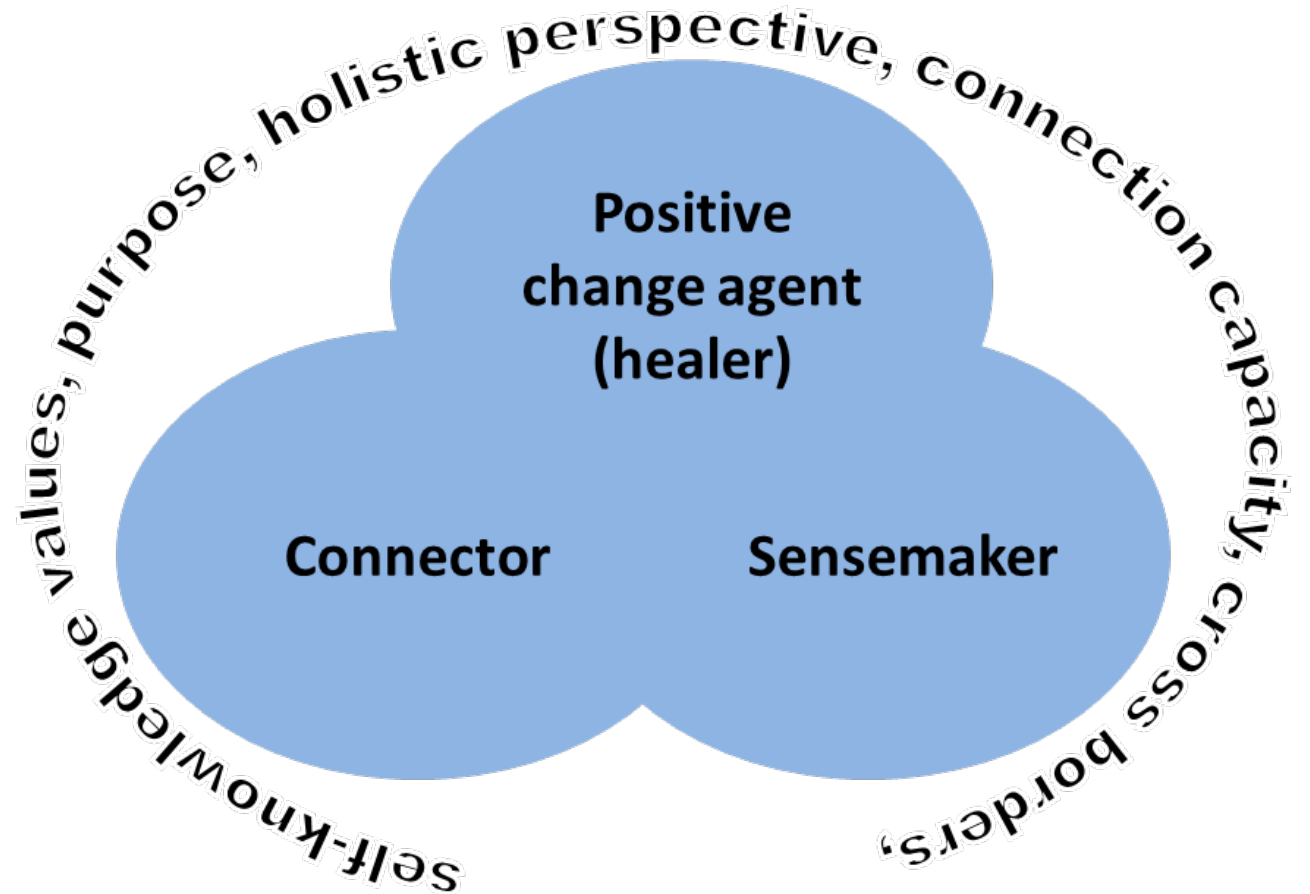
“Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing.”

Thich Nhat Hanh

**Meditation is a path to
reach mindfulness state**

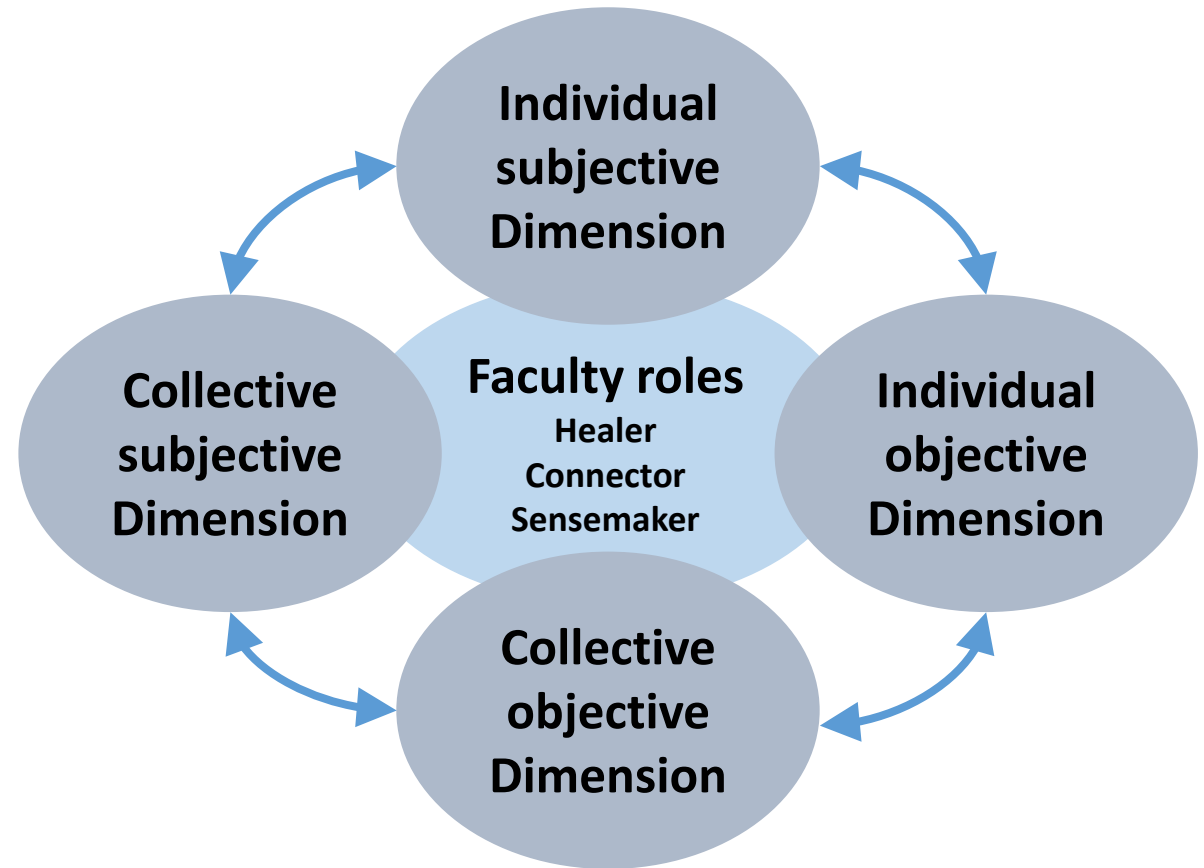
Why meditation at universities?

- We need to develop faculty based on three roles (adapted from Waddock, 2015):
 - **Connector**
 - **Sensemaker**
 - **Positive change agent (Healer)**



Developing all dimensions (based on Wilber, 2002)

- Meditation helps to develop subjective dimensions in first moment. As well, objective dimensions are developed.



Starting a meditation group at university: How we did it.

- It was emerged based some important points:
 - Volunteer participants and volunteer instructor;
 - For free;
 - Do not need specific local to practice (it is possible at classroom sitting on the chair, outside on the lawn or sitting on the floor with cushions...);
 - Do not need budget;
 - No dogmas or religion beliefs are exposed;
 - Starting with short duration practices (around 10 min);
 - No weekly presence or specific number of sessions are required in the first moment (is possible try only a session)
 - Open to all interested in to participate (faculty, students, staff, community...)
 - To continue meditating we need a method...

Method *SeVen Meditation*TM

- Practices three times of seven minutes by day (each one at morning, at afternoon and at evening – around seven hours between practices). Researches indicate that over 20 minutes by day is possible an effective meditation (Kabbat-Zinn, 2004);
- Seven weeks duration;
- Each week is presented a different meditation practice
 - breathing, eating, walking, contemplative, sound, body scan, silence;
- Journaling personal experiences (sensations, difficulties, improvement, emotions, insights...);
- Is proposed a self half day retreat after seventh week where each participant can review the personal diary.
- After retreat, each participant can to create a personal routine to meditate based on individual experiences







Practices !!!!

To discuss about...


If you do not have a meditation group at your university what is necessary to start it?

Contacts

senna@unisinos.br

 claudiosenna

 @claudiosenna

 +555181798925

 Claudio Senna Venzke

- <http://zh.clicrbs.com.br/rs/vida-e-estilo/vida/noticia/2016/04/saiba-quais-beneficios-a-meditacao-traz-para-a-saude-5789791.html>