



Lunch Options

Karma Cafe @ NTI

9. Dew Drop Inn (Karma Tea House)

10. Dining Hall

If you have brought your own lunch you are welcome to use the cafeteria on level 1 NTI

Register for the next Communities of Practice

Easter Monday 22nd April 2019 - We Can Make a Difference

Thank you for your support of the Communities of Practice

<http://communities.nantien.edu.au>

email@thebbep.org



Healing an Anxious Society

Communities of Practice

Humanistic Buddhist Response to Modern Crises

Sunday 3rd March 2019

Time	Activity	Speaker/Facilitator	Venue
8:30 am	Registration		Nan Tien Temple Reception
9:30 am	Mindful Movements	Louise Zaslowski	Temple Courtyard
10:00 am	Welcome	A / Professor Chris Zaslowski	Temple Auditorium
10:10 am	Keynote, Q & A	Hugh Mackay AO	Temple Auditorium
11:30 am	Lunch		See Map
12:30 pm	Workshops	Facilitators	Varies
2:10 pm	Break		
2:30 pm	Report, Q & A	Facilitators	Temple Auditorium
3:40 pm	Closing	A / Professor Chris Zaslowski	Temple Auditorium

Scan for our feedback form

Workshop Topics

Mario Fernando

Towards a culture of compassion through authentic responsibility

Why can't we continue to deny the needs of the other? Can we be more compassionate? How? What does it mean to be human? Informed by an ethic of responsibility in authentic behaviour, in this workshop we will explore how we can be less anxious and more compassionate.

Tom Halbert

Turning Points and Healing an Anxious Society

What 'aha' moments HAVE YOU HAD in dealing with anxiety? What 'aha' moments COULD YOU HAVE in dealing with anxiety? Having 'aha' moments is a natural talent of all humans, and in this workshop we will improve our skill level and capability to access this natural wisdom. This is done through developing knowledge (like Humanistic Buddhism), mindfulness, insight, intention, question and practise. Turning points stories are a hero's journey, a powerful gift.

Meg Hart

Conversational leadership – encouraging bigger perspectives and kinder connections in an age of anxiety

Anxiety shrinks our view of ourselves, of others and of the world. One of the best antidotes to anxiety is engagement, "joyful participation in the sorrows of the world" as Joseph Campbell put it. This is the way of the bodhisattva who fearlessly faces the reality of our inescapable interconnectedness and seeks opportunities to contribute to our shared wellbeing. The quality of our conversation matters more than ever in this age of disengagement, self-absorption and unrealistic pursuit of certainty. In this workshop we'll use a World Café-style exchange to hone our skills for courageous conversational leadership at home, at work and in our communities

Stephen Hill

If you don't mind, I don't matter

Following the core message of Hugh Mackay, Stephen's Workshop will explore how to make a culture shift in compassion happen – starting from the participants' own social world: change happens when we ourselves live differently. The core of action is mindfulness; the focus of attention is helping others to feel they matter; the focus of action is building ongoing connectedness through shared vision. Stephen's senior United Nations field experience assisting community development across Asia informs.

Elizabeth King

Leadership in the volatile, uncertain, complex and ambiguous (VUCA) world

Leaders are being challenged in many ways as they seek to prepare their organizations for disruption in the context of massive social change and reduced personal support. Mindfulness when embedded in Buddhist philosophy is unsurpassed for leaders with a desire to generate profit whilst contributing to social purpose. The quality and character of leadership impacts the wellbeing of society. This workshop invites you to consider how you might lead differently, to contribute to a calmer community.

David Rooney

Healing our Anxious Workplaces

Anxiety and depression are common in modern workplaces. Research also suggests that mental health outcomes in workplaces are poor and that how work is organised and managed contributes to this problem. Professor David Rooney will share his research knowledge and his first-person experience of anxiety and depression in his workplaces. This session will develop ways of talking about the problem to heal Australian workplaces and to find ways for individuals to better cope with working in anxious workplaces.

Juewei Shi and Sue Sumskis

Reducing Suffering with Compassion, Community, and Chan

Living with anxiety, big or small, is challenging. The Dharma can become a powerful source of refuge, when we need it most. In this workshop, we will begin with an acknowledgement of our suffering and understand possible causes and conditions. We will practice metta meditation together and form a community of strength and support. Finally, we will learn to replace anxious feelings with Chan (single-minded) wisdom. Please join this workshop only if you are prepared to openly share a (potential) situation with others and support others on a journey of discovery.

Miaoyou Shi

Meditation

qwerty