Mindfulness in the Workplace

CONFERENCE

“Create a work environment that fosters personal & professional success through mindfulness”

Thursday, June 26, 2014
8 a.m. - 4 p.m.
Broward College
Willis Holcombe Center
111 East Las Olas Blvd.,
Fort Lauderdale, FL 33301
Bldg. 33, 11th Floor
Room 1110A

SPONSORED BY THE INSTITUTE FOR ECONOMIC DEVELOPMENT

Conference for HR and business professionals at all levels who are looking to enhance their efficiency and effectiveness in the workplace.

For registration information call 954-201-7800 or email aprice@broward.edu

REGISTRATION FEE $99
Mindfulness in the Workplace Conference

8:15 a.m - 9:00 a.m.  Registration
Continental Breakfast & networking

9:00 a.m. - 9:15 a.m.  Opening Address: Welcome from the Associate Vice President of Economic Development, Mr. Norman Seavers
Broward College, Institute for Economic Development

9:15 a.m. - 9:45 a.m.  Keynote 1: The Challenges of the Twenty-First Century Workplace: The role of employee training in building successful mindful organizations
Jack Bennings, Director of Workforce Development
Career Source Broward/Greater Fort Lauderdale Alliance

9:45 a.m. - 10:30 a.m.  Workshop 1: An Introduction to mindfulness: Developing more effective communication through mindfulness, Dr. Kathleen Bishop

10:30 a.m. - 10:45 a.m.  Coffee & networking

10:45 a.m. - 11:30 a.m.  Workshop 2: Dealing with change through mindfulness, Dr. Kathleen Bishop

11:30 a.m. - 12:15 p.m.  Workshop 3: Managing cultural diversity in the workplace, Dr. Kathleen Bishop

12:15 p.m. - 1:00 p.m.  Lunch & networking

1:00 p.m. - 1:45 p.m.  Keynote 2: Neuroscience of mindfulness and its impact on workplace performance
Gus Castellanos, MD.
Medical Wellness Center, University of Miami

1:45 p.m. - 2:30 p.m.  Workshop 4: Improving employee resilience and productivity through mindfulness
Dr. Kathleen Bishop

2:30 p.m. - 2:45 p.m.  Coffee & networking

2:45 p.m. - 3:30 p.m.  Workshop 5: Neuro-leadership and its role in the workplace: Your brain at work
Gus Castellanos, MD.

3:30 p.m. - 3:45 p.m.  Closing remarks: Dr. Kathleen Bishop & Gus Castellanos, MD.
Key Presenters

Gus Castellanos, MD

Gus Castellanos, M.D. attended the University of Miami undergraduate and Medical School, receiving his M.D. degree in 1980. He trained at Emory & Georgetown Universities, and MD Anderson Tumor Institute at the University of Texas, Houston. He received board certification in Neurology in 1987 and in Sleep Medicine in 1994. He practiced medicine in South Florida, including as Medical Director of multiple Sleep Centers until retiring in Jan. 2007 to pursue his passion for meditation and metaphysical studies. He is a Mindfulness Based Stress Reduction & meditation teacher and practitioner, trained by the University of Massachusetts’ Center for Mindfulness. He currently teaches at the Palm Beach Cancer Institute’s Sari Asher Center, U of Miami Medical Wellness Center, Kula Yoga Shala and has taught at the Hanley-Caron Center and A New Day Treatment Center, Jupiter Medical Center, Hospice of Palm Beach County. He serves as an advisor to Integrative Medicine Department at Jupiter Medical Center and is currently involved in mindfulness research with the Mindfulness Based Attention Training program at the University of Miami Neuroscience Lab.

Kathleen A. Bishop, MS, PhD

Dr. Bishop has been a training consultant, professional speaker, and teacher for 30 years. She works as adjunct faculty for Kaplan University, Palm Beach State College, Broward College, and Florida International University. Some of her corporate clients are Florida Power & Light, BellSouth, Marriott Hotels, State Farm Insurance, Ernst & Young (Madrid, Spain) and the Caribbean Chamber of Commerce among many others. She has also worked for numerous city, state, and federal governments and government agencies. She earned her BA in English Literature from Stockton State College in New Jersey, and her first master’s degree in health administration from Century University in Albuquerque, NM. She earned two additional master’s degrees from Kaplan University in Higher Education: Administration and Leadership and Online College Teaching. Her Ph.D. is in pastoral management and theology from the Florida Religious Studies Institute in Fort Lauderdale.
Jack Bennings

Jack Bennings is the Director of Workforce Development with CareerSource Broward and serves as a Liaison for Broward County’s lead Economic Development Agency, the Greater Ft. Lauderdale Alliance. He works to assure coordination with workforce development programs when businesses are relocating, expanding or in business retention efforts. Representing CareerSource Broward through the delivery of workforce development services at the Alliance, he works in collaboration with other Governmental agencies, Alliance Stakeholders, Business Clients, Municipal Partners, Educational Institutions and Committee volunteers. His position requires understanding of both organization’s philosophy and mission and the ability to handle the demands and requirements of a senior-level manager. Interpersonal skills that instill confidence in a variety of business decision makers from C-level to Human Resources Management. His business experience has been in various different roles from 17½ years of senior Association Management experience; serving as Chief Operating Officer for a developing a real estate related technology company; to various Sales & Marketing & Consulting assignments all leading up to his current position as Director of Workforce Development.

Norm Seavers

Norm Seavers is Associate Vice President of Institute for Economic Development at Broward College. He has been with the college for over 20 years and prior to his present position he was Broward College’s Director of Continuing Education. Higher education, corporate training, and continuing education’s role in helping organizations reach their business goals make up Norm’s professional work experiences. He has held a variety of management positions with public and private sector organizations including, Chrysler Corporation, Cedars Medical Center, Saint Mary’s Medical Center, North Broward Hospital District, Miami Dade College and Shawnee Community College. He earned a BS degree in Occupational education and a MS Degree in Educational Leadership from Southern Illinois University, and completed ten hours of doctoral work in Community College Administration at Florida International University. Norm and his wife Sandra reside in Weston, Florida. They have two children and six grandchildren. Norm and Sandra are active triathletes, marathoners and kayakers.
Driving Directions

- Take I-95 to Broward Blvd East
- Exit onto Broward Blvd
- Heading East, take Broward Blvd to SE 1st Ave (right turn immediately after Andrews Ave)
- Head south on SE 1st Ave, passing SE 1st Street
- The Parking Garage will be on your left

Parking

Free parking passes will be mailed until June 19th and can be picked up at 6400 NW 6th Way, room 161, Fort Lauderdale, FL 33309 until June 25th. Free parking passes will not be available on date of event. Park on 7th floor (top floor) of the City of Fort Lauderdale parking garage, located north of 111 East Las Olas Blvd. Hang the hangtag from the inside rear-view mirror.

For parking on other levels, please pay at the parking kiosks (charge $1.25/hour) or park at other available parking lots near Downtown Center.

There are shuttle buses available between Tri-Rail and the Broward County Transit system. Tri-Rail information can be found at http://www.tri-rail.com or by calling 1-800-Tri-Rail (1-800-874-7245)

Central Shuttle: - http://www.sfec.org/