

Center for Mindfulness TILT Report Contribution

- Hosted the “Third Annual Regional Mindfulness Dialogue in Higher Education” conference at CSU this year with over 80 participants and 8 academic institutions represented.
- Through our “Building Compassionate Communities” initiatives, partnered with key community partners including, but not limited to; Wounded Warrior REST Sleep Intervention Research, The Homeless Coalition Mindfulness Meditation in Homeless Populations, Suicide Prevention Network, CSU Health Network and CSU Professional Advising Staff, OSHER and CSU Athletics, to offer mindfulness practice tools and promote overall wellbeing.
- Completed “CSU Mindful Leaders Faculty Training: Integrating Mindfulness for Transformational Leaders” funded by a *Contemplative Pedagogy Teaching and Learning Grant* from the *National Center for Contemplative Mind in Society*. Written survey results from 20 CSU Faculty showed 33% reported that they had immediately implemented one of their new skills into their classroom. A 15% increase from pre- to post-survey reflected a stronger connection with mindfulness and social justice action.
- Served over 500+ students, staff and faculty and 1,000+ community members through diverse mindfulness presentations, shared practice tools, and training.