

TEACHING FROM WITHIN: DISCOVER CONTEMPLATIVE PEDAGOGY

LILLY FACULTY FELLOWS CTX GRANT PROJECT

Dear Colleagues,

We see you. It's been a demanding few years for everyone in academia. If you're feeling exhausted, overwhelmed, or simply in need of a breath of fresh air, it's time to rediscover your spark! This fall, join us for a 12-week contemplative practice program designed exclusively for full-time and adjunct faculty. Funded by the Lilly Faculty Fellows Program, this unique opportunity will introduce you to mindfulness techniques and other practices that can reinvigorate your teaching and personal life.

This isn't another demand on your time - it's a chance to pause, reflect, and rediscover the passion that brought you to teaching. For just one hour a week, you can:

- Step away from the daily grind and into a space of calm
- Reconnect with your sense of purpose as an educator
- Explore diverse contemplative practices
- Learn ways to bring more mindfulness into your teaching and daily life
- Connect with a supportive community of fellow faculty members

Weekly one-hour sessions will be held Wednesdays at 4:30 pm at our beautiful campus Pier (weather permitting), overlooking the nature preserve. Each gathering will include a guided practice, reflection, and discussion on applying contemplative approaches in the classroom. **Sessions will run from September 4 to November 20, 2024.**

We know you're stretched thin. That's exactly why we hope you'll join us. This is a chance to recharge, refocus, and remember why you chose this path. Take this opportunity to nourish your mind, body, and spirit while enhancing your teaching practice.

We hope you'll join us on this transformative journey!

Clarissa & Corinne



WHAT IS CONTEMPLATIVE PEDAGOGY?

It's an approach to teaching and learning that integrates reflective, introspective practices into the educational experience. By incorporating mindfulness, deep listening, and other contemplative techniques, we can enhance student engagement, foster critical thinking, and promote holistic development - all while nurturing our own well-being.

HIGHLIGHTS

- Expert facilitation by Travis Fitzgerald, experienced mindfulness teacher
- Explore practices like mindfulness, gratitude, body awareness, and more
- Learn to integrate reflection, deep listening, and mindful inquiry into your courses
- No prior experience necessary - all faculty welcome!
- **Small stipend provided for participants, thanks to the grant funding**

REGISTRATION & INFO:

To learn more or register, please contact Dr. Corinne Weisgerber (corinne.weisgerber@concordia.edu) or Dr. Clarissa Rosas (clarissa.rosas@concordia.edu)

Registration closes August 31.