

The BCalm Mindfulness Conference

How to Create a Mindful Workplace (and why you should!)



Conference Program at a Glance

Pre-Conference - Thursday, November 9			
Time	Session	Speaker/Presenter	Room
8:00-17:00	Registration		Pre-Function
9:00-13:00	Name, Claim and Reframe: Personal Stress Tools Workshop presented by Workplace Strategies for Mental Health (WSMH), includes lunch and refreshments.	Mary Ann Baynton, MSW	Saanich
13:00-16:30	Exhibit Area Open		Pre-Function
14:30-16:00	BCalm Annual General Meeting (open to all)		Saanich
Conference - Friday, November 10			
6:30-15:00	Registration		Pre-Function
7:30-9:00	Continental Breakfast amongst the Exhibits	Sponsored by WSMH	Pre-Function
8:00-8:30	Mindfulness Session 1: Embodied Mindfulness	Ocean Lum	Esquimalt
9:00-9:20	Welcome Remarks, Land Acknowledgement & Grounding	Mayor Marianne Alto, Deborah Connors, Mark Sherman, MD	Saanich
9:20-10:15	Opening Keynote – The Mindful Leader (An interview with Martin Shain, S.J.D. on the research evidence for mindful and careful leaders in creating psychologically safe workplaces) Invitation to Mindful Series - Lisa Baylis & Pippa Rowcliffe Yoga stretch break - Insiya Rasiwala-Finn	Martin Shain, SJD, Mary Ann Baynton, MSW (moderator)	Saanich
10:15-10:45	Refreshment Break amongst the Exhibits		Pre-Function
10:45-12:15	Concurrent Workshop 1: Leadership & Learning: Ways Of Being & Becoming A Mindful Workplace	Geoffrey Soloway, PhD	Saanich
10:45-12:15	Concurrent Workshop 2: Mindfulness in Healthcare & Helping Professions: Navigating burnout with self-compassion and presence	Mark Sherman, MD	Oak Bay
12:15-14:00	Network, Time to go for lunch (pay on own); a variety of restaurants in vicinity available; potential mindfulness walk; some Exhibits open		Pre-Function
13:00-13:45	Mindful Nature Break	Jackie Gay	Meet in the Esquimalt Room
14:00-15:30	Concurrent Workshop 3: Adding Joy To Your Strategic Plan: How Reducing The “Joy Gap” Leads To A High Performing Organization	Shawn Y Holmes, PhD	Saanich
14:00-15:30	Concurrent Workshop 4: Cultivating a Kind Mind: A Bold Approach to Building Resilient Teams and Organizations	Olivia McIvor	Oak Bay
15:30-16:00	Refreshment Break amongst the Exhibits		Pre-Function
16:00-17:30	Closing Keynote – Using Mindful Leadership to Unleash Your Best Workplace (Panel Discussion) Yoga stretch break - Insiya Rasiwala-Finn	Barbara Piper, MA, Michael Pietrus, Ashley Spetch, PhD, Joseph Iannicelli (moderator)	Saanich
17:30-18:30	Network with Exhibitors		Pre-Function
19:00	Network, Dinner Option – Reservation made by conference/ (pay on own)		

For full session descriptions & speaker bios, visit www.bcalmconference.ca.