

Being with Yourself, Not Against Yourself: Mindfulness for Flourishing in Graduate School

マインドフルネスセミナー英語版

[1/16 FRI. 10:00 ~ 12:00]

Zoom meeting(Live from USA)

Together, we'll explore how cultivating awareness of the present moment can help us reconnect with our own values, calm our inner critic, and meet our work—and ourselves—with greater compassion and clarity through simple, brief mindfulness practices.

Please register by 1/6 TUE. 12:00



Lecturer **Kento Suzuki**

REPRESENTATIVE DIRECTOR,
MINDFUL AWARENESS CULTIVATION ASSOCIATION

For more details→



* Seminar will be conducted **in English**

* Graduate students and postdoctoral fellows affiliated with the consortium

<How to apply>

For registration;
Please click or scan this QR code→



I-HoP
HOKKAIDO
UNIVERSITY

Center for Advanced Human Resource Education and Development, Hokkaido University
ihop@synfoster.hokudai.ac.jp <https://fohred.synfoster.hokudai.ac.jp/about/initiative/#i-hop>