

ARMI SPECIAL SEMINAR

Thursday 9 September 2021 at 2pm

RUOK? DAY™

Join us for a **hybrid seminar** reflecting upon mental health and community support for researchers

Mindfulness for Wellbeing and Peak Performance

Guest Speaker: Professor Craig Hassed OAM



Professor Craig Hassed OAM is a general practitioner and senior lecturer within the Faculty of Medicine at Monash University since 1989. His teaching, research and clinical interests include mindfulness, mind-body medicine, lifestyle medicine, integrative medicine and medical ethics. Craig was the founding president of Meditation Australia and is on the advisory boards of the International Mindfulness Teachers Association and is a Smiling Mind ambassador. Craig is coordinator of mindfulness programs at Monash and is Director of Education at the Monash Centre for Consciousness and Contemplative Studies. He teaches mindfulness nationally and internationally in health, educational, community and corporate contexts. In 2019, Craig was awarded the Medal of the Order of Australia (OAM) for services to Medicine.

When:

Date: Thursday 9th September 2021

2:00pm Start Seminar

3:00pm Introduce ARMI's Mental Health First Aiders

3:05pm Afternoon Tea and Open Discussion

Where:

Location: S3 lecture theatre, 16 Rainforest Walk, Clayton campus

ZOOM:

Meeting ID: 884 6020 4251

Passcode: 147433

The seminar offers both in-person and virtual attendance options, COVID permitting. We will provide updates as needed.

COFFEE,
CAKE AND
CONVERSATION

For questions please contact us via email to armi-diversityinclusion@monash.edu