



MAINTAINING MOMENTUM: THE 2ND INTERNATIONAL MINDFULNESS & COMPASSION AT WORK SUMMIT

El Escorial, Madrid, 26th April 2018. Optional morning master classes 27th April

A TRULY MINDFUL GATHERING

Join our growing global community of like-minded peers to explore how to foster wellbeing, resilience, agility, engagement and happiness at work



"Five key leadership skills, developed through mindfulness training and practice, stood out from our research: emotional regulation, perspective taking, empathy, focus and adaptability"

Associate Professor Megan Reitz, speaker at the 1st International Mindfulness & Compassion at Work Summit, on Ashridge Executive Education's research into mindful leadership

This spring sees the pioneering **2nd International Mindfulness and Compassion at Work Summit** take place in the beautiful mountains near Madrid, Spain. The bilingual (English & Spanish) Summit follows hot on the heels of the last successful Summit in May 2017, a trailblazing event in combining the exploration of what mindfulness and compassion can offer in the workplace, and beyond.

Who is this for?

- Leaders, HR, OD & L&D professionals
- Coaches and other helping professionals working with organisations
- Workplace wellbeing champions
- Any other individuals motivated to sow seeds of mindfulness & compassion at work for themselves and others, and to explore how to foster workplaces with happy, healthy, engaged, productive, creative, agile, and resilient employees

What will you get out of it?

- Insight from research into the impact of mindfulness & compassion training in organisations

- Ideas and inspiration on how to boost engagement, productivity & creativity, emotional intelligence, adaptability & agility, wellbeing and resilience at work- and beyond- through mindfulness & compassion development strategies
- The opportunity to get together, share, learn, and co-create with other business professionals around a similar agenda of fostering workplace environments in which all can flourish
- A chance to step back, pause, and recharge, taking part in nourishing practices and activities in a beautiful, peaceful and inspiring location that lends itself to reflection and mindful exploration

The programme

- **Optional visit** to El Escorial on Wednesday 25 April (dependent on demand)

THURSDAY 26 APRIL

- **Catalysts and storytellers** include *Dr. Jutta Tobias (Cranfield University)*; *Dr. Alison Carter (Institute of Employment Studies)*; *Meysam Poorkavoos* on compassion at work (**Roffey Park**)
- **Organisational stories** include **AIRBUS** and a **large UK government** department
- **Mindfulness/Compassion & related innovative practices & activities**
- **Creative space & 'World Café' style group session**

FRIDAY 27 APRIL

MASTERCLASS: 9-1pm

- **Option One:** Bodhin (Philip Woodward) from Solterreno on **Awareness of Thoughts & Thinking Processes in our Mindfulness Practice**
- **Option Two:** Christine Miller on **The Art & Science of Conscious Engagement- enabling mindful engagement & inclusiveness in the workplace & beyond**

What last year's delegates say

"A place far away from worldly noise, a circle of chairs, a group diverse and extraordinary in many ways. The perfect occasion for personal and professional reflection that, despite being so necessary, is becoming harder to make happen. An occasion for personal growth and for opening up to new experiences. These are my memories of the first event: an impressive panel of experts, an inclusive and relaxed atmosphere, a luxury to be able to participate in such a meeting. I recommend it without doubt, and without doubt, I will be there again this year."

Javier Fernández Gadea, director de investigación básica, Janssen España- delegate at the 1st International Mindfulness & Compassion at Work Summit

"We need to boost innovation in our workplaces in Europe. Innovation only flourishes if employees are engaged and know their ideas will be listened to with open heart and mind. We all need to feel that we belong (to our family, to our community, to our company). For me this is one of the key effects that Mindfulness and Compassion can bring to our company."

Sara Garces, Mindfulness facilitator, Airbus – delegate at the 1st Summit

"If you go to one event this year, go to the Summit. You will learn some advanced new approaches for mindful, compassionate practice that you can use for your clients and yourself and enjoy being with like-minded people including some world-class practitioners"

Jenny Plaister-Ten, leadership coach and consultant, and founder 10Consulting- delegate at the 1st Summit

The Summit team

Liz Hall is co-owner/ founding editor of *Coaching at Work* magazine; an award-winning journalist on business & health/wellbeing; an author/editor (including *Mindful Coaching*, Kogan Page, 2013, currently being translated into Spanish and a chapter in *Mindfulness in Organisations: Foundations, Research and Applications*, Cambridge University Press, 2015); an executive coach and a trained mindfulness teacher/trainer (Bangor University Centre for Mindfulness Research and Practice pathway). She's co-founder of the 1st International Summit for Mindfulness & Compassion at Work (with Luis, and with Margaret Chapman-Clarke)

Luis San Martin is the chair/ co-founder of the Association for Coaching Spain, an executive coach and OD consultant. Luis, co-founder of the 1st International Summit for Mindfulness & Compassion at Work, has an MSc in International Business and his business experience includes CEO responsibilities in multinational companies in several countries. He works with organisations to introduce mindfulness to their employees.

MariaJo Tobías is a translator who has translated for Jon Kabat-Zinn, amongst others. See her in action here: <https://www.youtube.com/watch?v=mmdqjdh3-N4>

The location

The summit venue & accommodation (delegates can opt for a residential programme or just come for either the Summit or master class) is Fuentenueva, Casa de Los Maristas, El Escorial, with plenty of single and some double bedrooms, beautiful mountain views, and tranquil large grounds, with access to explore nature further afield. The Summit team has chosen this venue because it's peaceful, beautiful, and welcoming, and wholly conducive to the environment and conversations we wish to co-create. It is run by a Christian organisation, and boasts beautiful chapels onsite. However the Summit is a secular and inclusive initiative- all are welcome. The venue: <http://www.fuentenueva.maristasiberica.es/>

Cost

The rates include refreshments & food. Travel expenses to and from the venue are to be incurred by delegates. There are regular trains from Madrid city centre to El Escorial, and a taxi rank at El Escorial station. The venue is 5 minutes away, and the fare costs around 10 EUROS.

OPTIONS	EARLY BIRD	FINAL PRICE
SUMMIT ONLY	€195 /£180	€265/£245
SUMMIT PLUS ACCOMMODATION- 1 night	€255/£235	€325/£295
MASTERCLASS ONLY	€150/£140	€250/£230
SUMMIT & MASTERCLASS (PACK)	€325/£295	€495/£450
PACK PLUS 2 NIGHTS	€445/£405	€615/£560

HOPE TO SEE YOU SOON!

BOOKINGS: Email imcaws@gmail.com

Webpage: [imcwsummit 2018](http://imcwsummit2018.com)