



AGENDA

Administrative Professional Forum

December 13, 2017

10 am – 11:30 am in the O’Dea Room

- I. **Networking:** 10:00 am-10:10 am

- II. **Presentation: “Train Your Attention with Mindfulness”:** 10:15 am – 11:15 am
Daron Larson, Attentional Fitness Training, LLC

Presentation Description:

The world will never be less distracting than it is right now. Mindfulness practice involves changing attention habits. It uses ordinary perceptions to train your attention. This session explores definitions of mindfulness, its scientifically supported benefits, and clever ways to incorporate it into your life.

About the Presenter:

Daron Larson inspires and encourages people who have tried mindfulness but are convinced they’re unable to do it. By comparing mindfulness practice to physical fitness, he helps people revise their expectations, navigate common obstacles, and develop personalized programs to fit their lives. He shares practical exercises to develop focus, self-awareness, resilience, and compassion. Many of his students report decreased distraction, anxiety, and insomnia as a result of exploring the exercises he practices and shares. Daron has a BS in Social Work and an MLIS in Library Science. He has worked as a mental health case manager, child abuse investigator, information and referral program coordinator, business development researcher, and academic instructional librarian. He has been practicing mindfulness daily since October 2002, participates in intensive mindfulness retreats annually, and contributed brain scans as an adept meditator for neuroscience research studies at the University of Vermont and Harvard Medical School.

- III. **Questions / Networking:** 11:15 am – 11:30 am