



MINDFULNESS AND INTERCULTURAL LEARNING FROM THE INSIDE OUT

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Familiarity with Mindfulness?

- 1: I have no or very little idea what mindfulness is.
- 2: I've heard of mindfulness and its growing popularity and am curious to learn more.
- 3: I try to practice mindfulness, although don't have a consistent practice.
- 4: I have a regular mindfulness practice of my own.
- 5: I have my own mindfulness practice and also incorporate mindfulness into my work with students.

Agenda

- Introductions
- Stillness Activity
- Definitions
- Discussion
- Theoretical Presentation
- Mindfulness Activities for the Intercultural Learning Context
- Closing

STILLNESS



WHAT IS MINDFULNESS?

What is Mindfulness?

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

– Jon Kabat-Zinn

- About being fully present
- Opposite of mindlessness
- Involves paying attention to our internal and external environments, and the relationship between the two
- Meditation a means for practicing, although not synonymous
- Secular, or can be tied to a spiritual practice

Discuss with a Partner

- What do you know or have you heard about mindfulness? What does it mean to you?
- Why do you think mindfulness is becoming increasingly popular/mainstream these days?
- Based on your own experience and the article we've read, what relationships do you see between mindfulness and intercultural learning?
 - How might mindfulness benefit your students?
 - How might mindfulness benefit you?

Benefits of Mindfulness for Intercultural Teaching & Learning

For Students:

- Enhance self-awareness
- Help curtail automatic responses and self-regulate
- Cultivate compassion and empathy
- Open awareness to multiple perspectives and responses
- Think creatively
- Better handle uncertain and fast-changing conditions
- Enhance resiliency
- Increase somatic awareness

Additionally, for Educators:

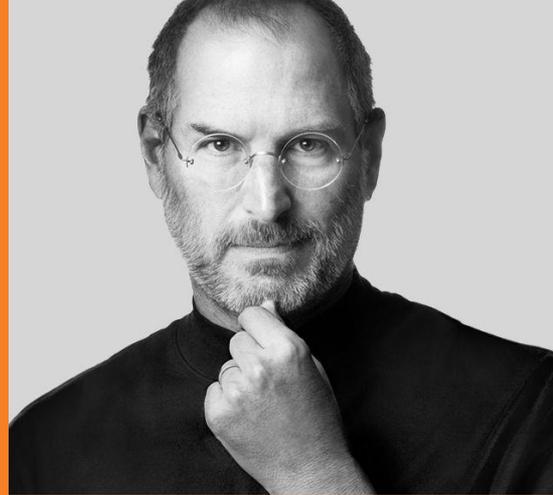
- Enhance awareness of self and learners; meta-level awareness
- Improves focus
- Help handle stress and challenging situations
- Increase comfort/confidence to hold the silence, let the right response emerge

Search Inside Yourself

THE UNEXPECTED PATH TO ACHIEVING
SUCCESS, HAPPINESS (AND WORLD PEACE)



CHADE-MENG TAN



mindful

taking time for what matters

The Game Changer

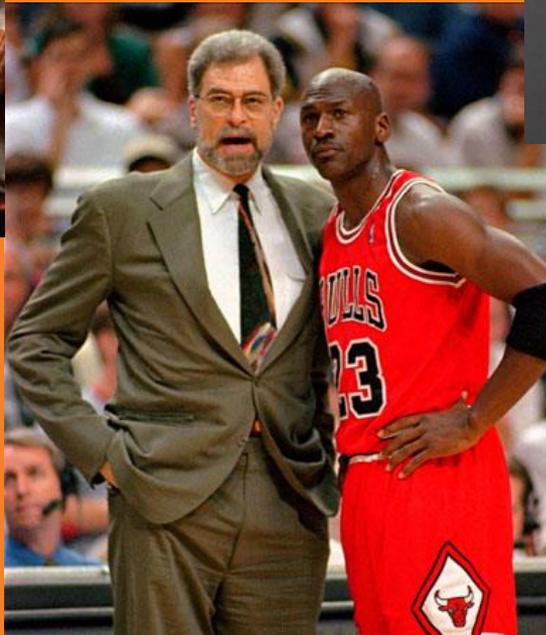
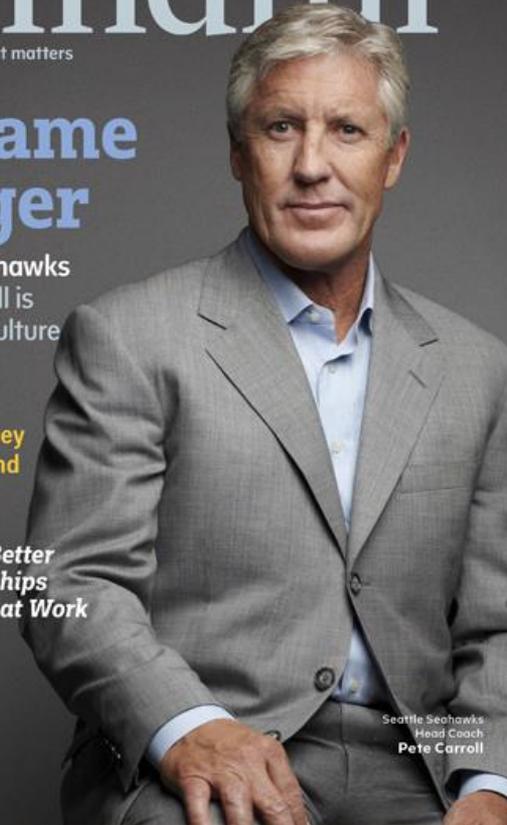
How Seattle Seahawks
Coach Pete Carroll is
Reshaping NFL Culture

HIGH ANXIETY
One woman's journey
to find peace of mind

15 *Tips for Better
Relationships
at Home, at Work
& in Love*

DECEMBER 2014
mindful.org

Seattle Seahawks
Head Coach
Pete Carroll



“The growing mainstream acceptance of meditation and mindfulness continues to amaze me. In just a few years, what was once a fringe movement has become an accepted line of research for academics and scientists, a valid treatment for soldiers and sick patients, and a reliable performance enhancer for groups such as the Boston Red Sox and the U.S. Marines. And it’s just getting started.”

– *David Gelles*

WHO ARE OUR STUDENTS?

Emerging Adulthood

The life stage between adolescence and adulthood. An age of:

- Feeling “in between”
- Identity exploration
- Self-focused age of life
- Instability
- An age of “possibilities,” of opportunities to create their futures (optimism)

**WHAT DOES THIS
HAVE TO DO WITH
INTERCULTURAL
LEARNING?**

Mindfulness and Intercultural Communication

Stella Ting-Toomey (1999):

- Mindless vs. Mindful Stereotyping
- Mindful Intercultural Communication Model

Mindfulness means being aware of our own and others' behavior in the situation, and paying focused attention to the *process* of communication taking place between us and dissimilar others.

– Stella Ting-Toomey

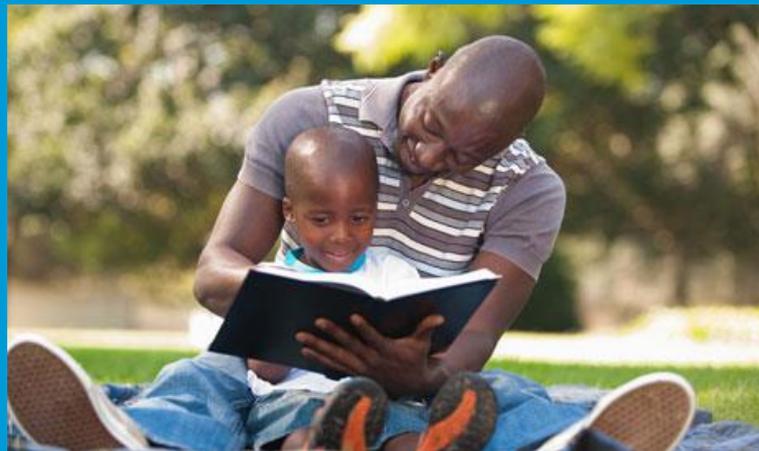
So *how* do we become more mindful?

PRACTICE. PRACTICE. PRACTICE.



**Mindfulness means paying attention
in a particular way:
on purpose, in the present moment,
and nonjudgmentally.**

— Jon Kabat-Zinn



Relationship/Parallels with Intercultural Teaching & Learning

- Self-awareness is key
- Involve bringing judgments into awareness
- Importance of affective, as well as behavioral learning
- Both related to Emotional Intelligence (EQ)
- Facilitator's own practice/development is fundamental

**With mindfulness,
we relate to each
other and ourselves
differently.**

- David Gelles

“Mindfulness meditation heightens awareness of the mind-body as an organic whole that can be looked to with openness and curiosity for feedback about one’s current mental state under given conditions. This feedback, in turn, once one is aware of it, can be used **to make conscious and intentional, rather than non-conscious and reactive, choices** about how to behave in a given situation.”

- Robert W. Roeser

Mindfulness Activities to Spur Intercultural Learning

- Traditional mindfulness exercises
- Solo Challenge activity
- Mindful tours
- Language learning through mindfulness

Discussion:

- What practices could you add/initiate/adapt *now* to incorporate mindfulness into your intercultural or international programs?

Thank You.

Do you have the patience to wait

Till your mud settles and the water is clear?

- Lao Tzu (Taoist Chinese Philosopher)

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