



Mindfulness & 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

1. How might mindfulness benefit your students, both on campus and abroad?
2. How might mindfulness benefit you?
3. What relationships do you see between mindfulness and intercultural learning?

Benefits of Mindfulness for Intercultural Teaching & Learning

For Students & Educators:

- 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



FOREWORDS BY JON KABAT-ZINN AND DANIEL GOLEMAN

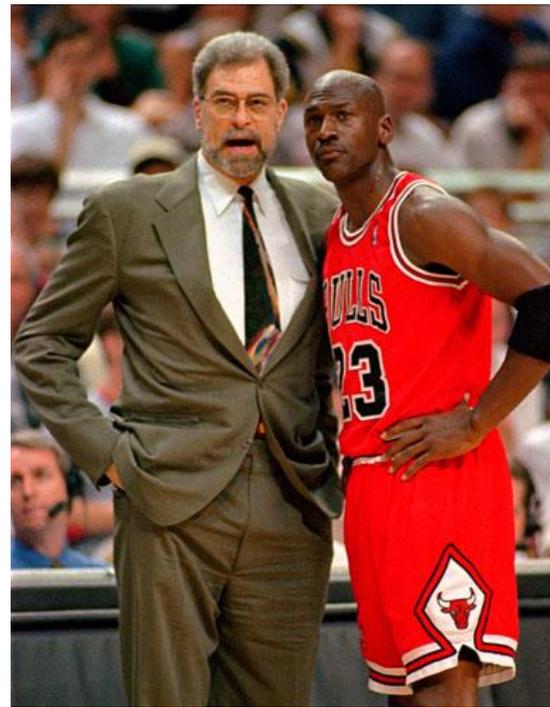
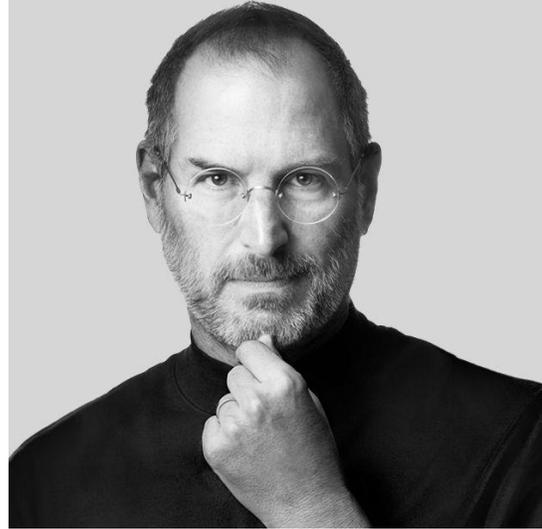
Search Inside Yourself

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



CHADE-MENG TAN

This book and the course it's based on represent one of the greatest aspects of Google's culture—that one individual with a great idea can really change the world.”
—ERIC SCHMIDT, executive chairman of Google



HOW TO TAME
CONSTANT CRAVING

FORGET SELF-ESTEEM!
Try a Little Self-Kindness

Why Your Workplace
Needs Mindfulness

mindful

taking time for what matters

The Game Changer

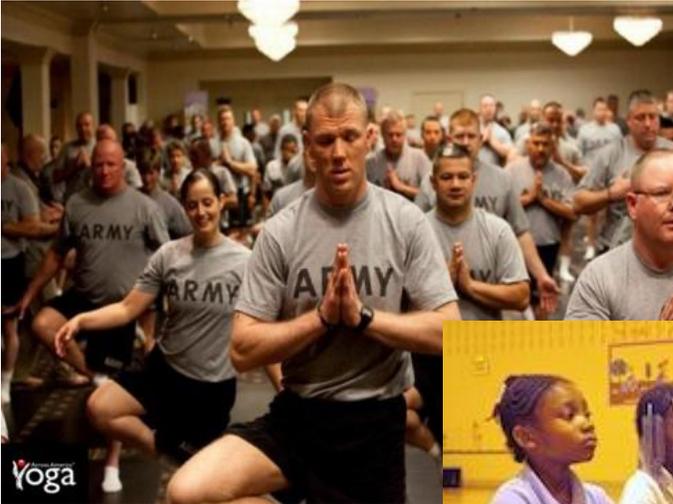
How Seattle Seahawks
Coach Pete Carroll is
Reshaping NFL Culture

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

A portrait of Pete Carroll, the head coach of the Seattle Seahawks. He is wearing a grey suit jacket over a light blue shirt, looking directly at the camera with a slight smile.

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 & Intercultural Communication

Stella Ting-Toomey (1999):

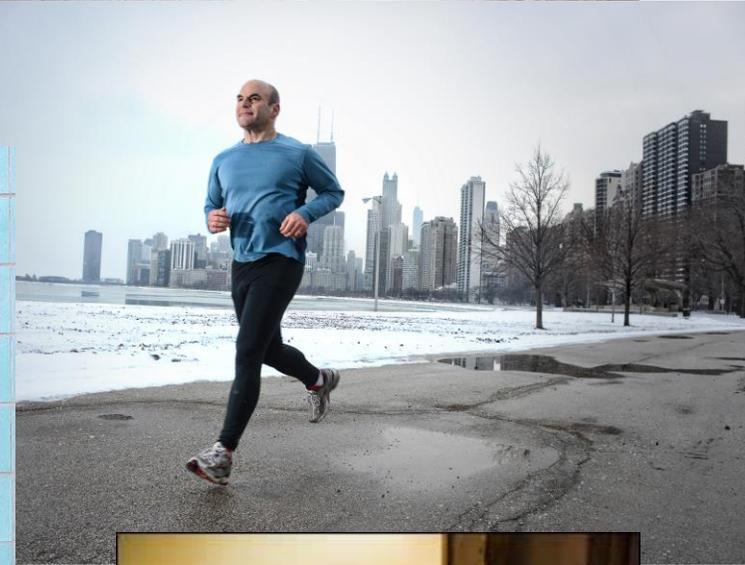
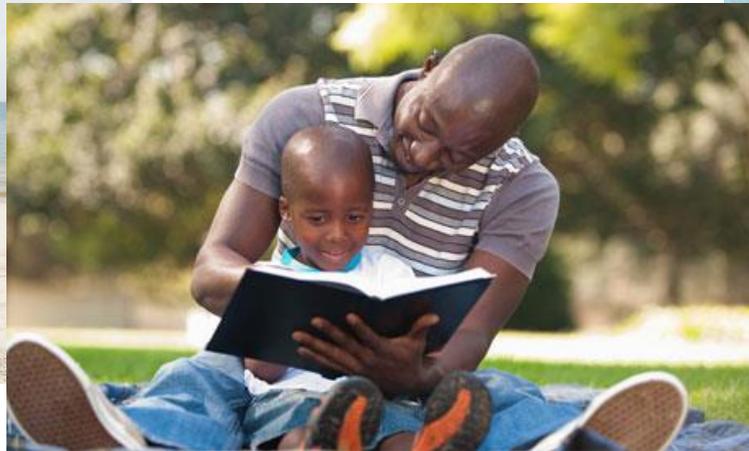
- Mindless vs. Mindful Stereotyping
- Mindful Intercultural Communication Model

“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.



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
- Pre-meeting mindfulness practice

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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