



Erasmus+ project
2021-1-FR01-KA220-HED-
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<https://mp4s.eu/>

Hosted by NOVA
University Lisbon



Mindfulness & Leadership

Training for students & staff in higher education

05-07 June 2023 | NOVA FCSH | Lisbon

Organised by



As part of the project's mission, this training is open to interested students & staff in higher education and free of charge.

Explore the programme and sign up for the sessions you would like to attend

About the MP4S project

MP4s aims to help students deal with their emotional difficulties through mindfulness practices and training, encouraging compassion for self, others and the planet within higher education institutions, promoting non-technical skills and accelerating the social and climate transition.

MP4s will develop and provide an open access set of resources for students and academic staff; to support the integration of mindfulness practices; and training into all types of courses; to support the well-being of students and to encourage them to act for the planet and for others with kindness.

Training Outline NOVA FCSH

You can attend the whole programme or only specific sessions, as your agenda allows:

Day 1 - 05 June 2023

Session 1 | 09 - 10h | Auditorium C1

Opening session with Keynote by Dr. Rui Marques (president of the UBUNTU Leaders' Academy and IPAV)

Session 2 | 10 - 12:30 | Auditorium C1 + room C006

Pitches on examples of Mindfulness and Leadership by invited speakers (Helena Fernandes / Jay Wong / tbc.)

Introduction to dialogue circles (Brenno Kaschner Russo from The Dialogue Lab) and practicing dialogues with invited speakers

Day 2 - 06 June 2023

Session 3 | 10-12:30h | Room C006

Leading from the emergent future - Introduction to Theory U with Cathia Ziebel

Session 4 | 14:30-17:00h | Gulbenkian Garden (meeting point Library entrance)

Leading in and with nature - Contemplative practices with certified mindfulness teachers Cristina Quadros and Angeles Quero-Gervilla

Day 3 - 07 June 2023

Session 5 | 11-13:00h | Room C111

Embodied leadership with Felipe de Brito e Cunha

05 June 2023 09-10h
Opening Session | Auditorium C1

- Welcome and introduction to MP4S
- Keynote speech by Dr. Rui Marques

*"I am because you are "- Leadership that
(re-)connects"*
Leadership perspectives for today and tomorrow

- Q&A and reflection

More infos on Dr. Rui Marques work:

<https://ubuntuleadersacademy.org/en/>

<http://www.ipav.pt/index.php/en/>



Rui Marques

President of the UBUNTU Leaders Academy

Dedicated to promoting human dignity, social solidarity and sustainability, Rui Marques has worked in diverse positions in governmental and non-governmental organisations to improve conditions for vulnerable and disadvantaged groups like ethnic minorities, children and young people, migrants and refugees. Since 2010, he is president of the UBUNTU Leaders' Academy, an empowerment and capacity building program for servant leadership, developed by Instituto Padre António Vieira, a Portuguese non-profit civic association.

05 June 2023 10-12:30h (w/ coffee break)
Session 2 | C006

- 3 pitches on examples of Mindfulness & Leadership
- Introduction to the Dialogue method by Brenno Kaschner Russo (The Dialogue Lab)
- Dialogue Circles with pitchers & final wrap-up

More infos:

<https://www.thedialoguelab.com/>



Invited speakers



Helena Fernandes

Guest Adjunct Lecturer at
Polytechnic Institute Setúbal

*"The MindSerena Adventure with
Higher Education Students:
An Adaptation Study"*



Jay Wong

Regenerative Developer, Meditation
Teacher, Podcast Host

*"Playing the Long Game: Living at the
Frontiers of Our Potential"*



Team member of Lisbon's Ubuntu
Leaders' Academy

*Ubuntu Leadership in Higher
Education*

06 June 2023 10-12:30h (w/ coffee break)
Session 3 | C006

Leading from the emergent future: An introduction to Theory U

Join this interactive workshop and learn about perspective change. Instead of learning and leading from the past, let's learn and lead from the future!



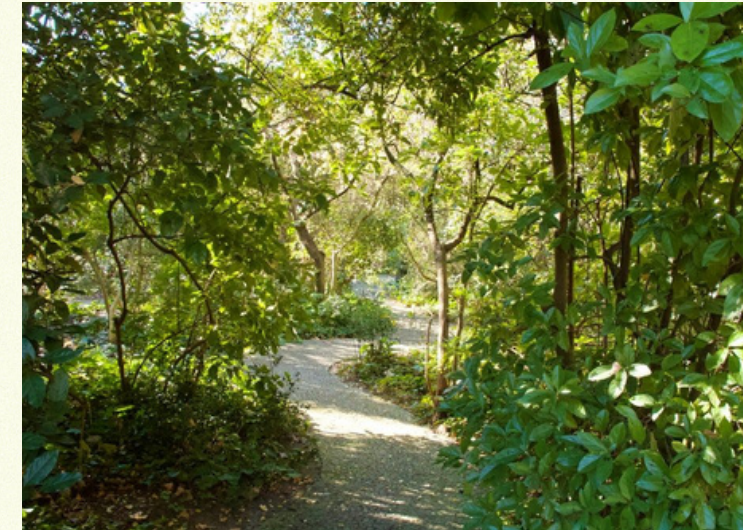
Workshop facilitated
by Cathia Ziebel
Founder of Zoiamia

More infos:

<https://www.linkedin.com/in/cathiaziebel/>

<https://presencinginstitute.org/>

06 June 2023 14:30-17:00h
Session 4 | Gulbenkian Garden
(Library entrance)



Leading in and with nature

Give yourself a special treat with joining this explorative session in the beautiful Gulbenkian garden and take a break to connect with yourself and with others through different mindfulness practices. No previous experience required.



Facilitated by certified mindfulness
teachers

Cristina Quadros (MindSerena /
Conhecer-Se)



Angeles Quero-Gervilla (Granada
University, Spain)

07 June 2023 11-13:00h
Session 5 | C111

Embodied Leadership

Exploring and reflecting leadership through our senses and the emergent dialogue. This session will offer new insights and experiences about leadership from different ways of knowing.



Workshop facilitated by Felipe de Brito e Cunha

Facilitator and guest lecturer at
ISCTE-IUL (Center of
International Studies)
Capoeira Master
Co-founder of the project
Rethink Education Hands-on

More infos:

<https://www.linkedin.com/in/felipe-cunha-b8325a9/>

Registration, venue and contacts



Please sign up **here**.

Participation is free of charge.

Kindly note that Sessions 3, 4 and 5 have limited spaces and spots will be given on first come - first served basis.

Venue

Faculdade das Ciências Sociais e Humanas (FCSH)
Universidade NOVA de Lisboa
Av. da Berna 26 C
1069-061 Lisbon, Portugal

Contacts

Inclusion Office at NOVA FCSH

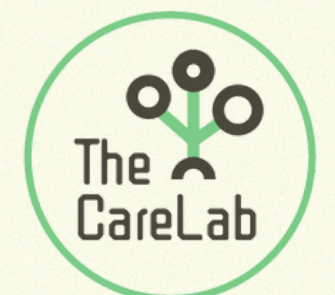
inclusao@fct.unl.pt

Antje Disterheft

*representative of NOVA as
consortium member in MP4S
Researcher at CENSE, FCT NOVA*

a.disterheft@fct.unl.pt

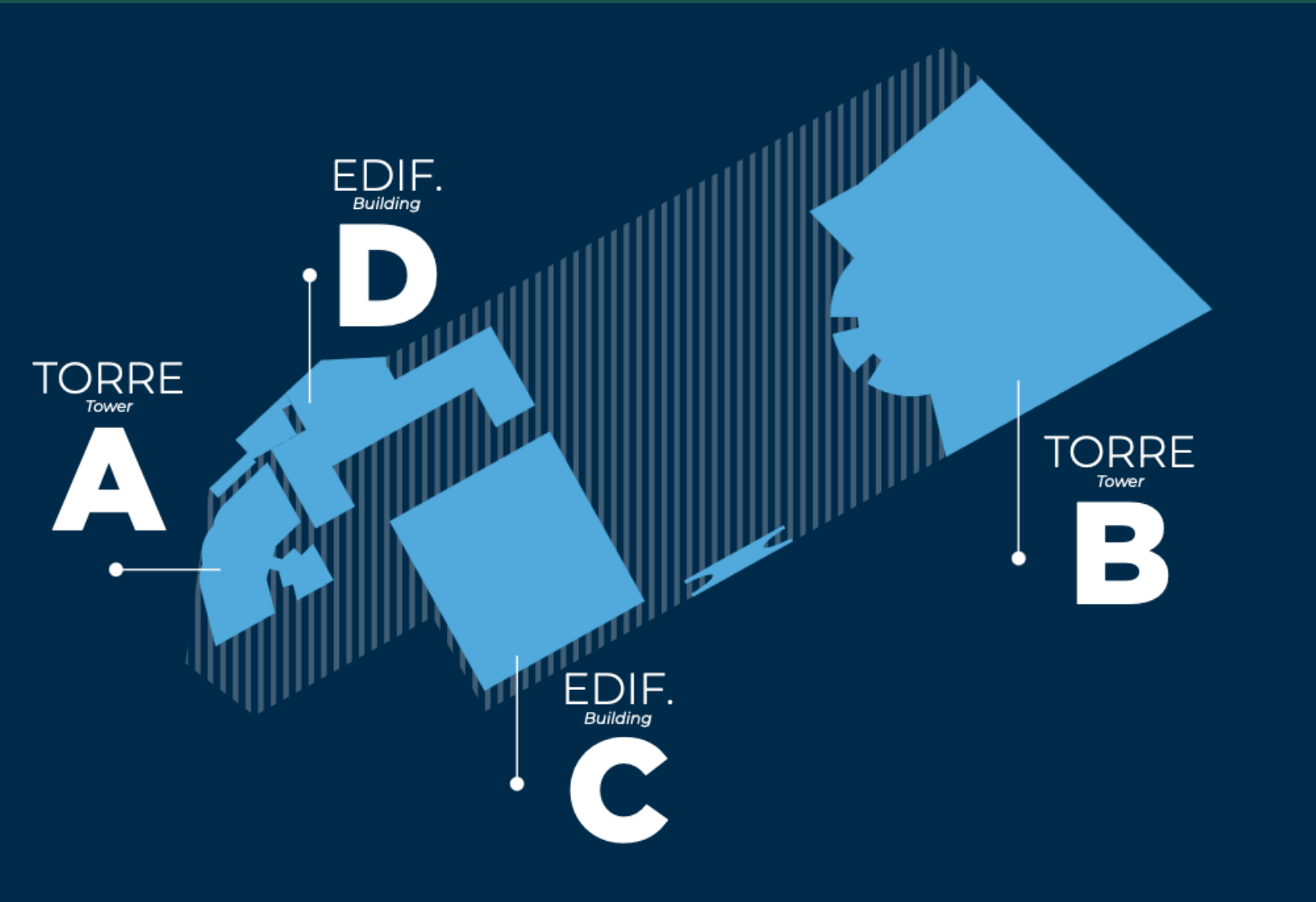
+351 922 12 5358



NOVA FCSH Campus Map

All sessions take place in building C

(except Session 4 on Tue, 06/06/23 14:30 – 17:00, which is in the Gulbenkian Garden (library entrance))

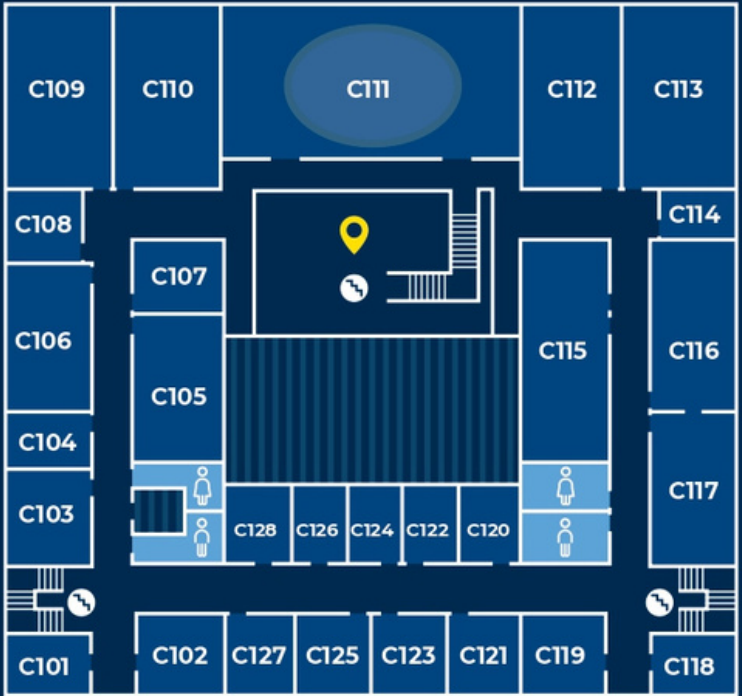


EDIF.
Building
C

C101	Gabinete Office
C102	Gab. Jean Monnet Chair Office
C103	Gabinete Office
C104	Gabinete Office
C105	Sala Classroom
C106	Gabinete Office
C107	Gabinete Office
C108	Gabinete Office
C109	Sala Classroom
C110	Sala Classroom
C111	Sala Classroom
C112	Sala Classroom
C113	Sala Classroom
C114	Gabinete Office

C115	Sala Classroom
C116	Mapoteca Map Library
C117	Espaço Alunos Students Space
C118	Telefonista Operator
C119	Gabinete Office
C120	Gabinete Office
C121	Gabinete Office
C122	Gabinete Office
C123	Gabinete Office
C124	Gabinete Office
C125	Gabinete Office
C126	Gabinete Office
C127	Gabinete Office

Session 5 | Wed. 07/06/ Embodied Leadership in C111

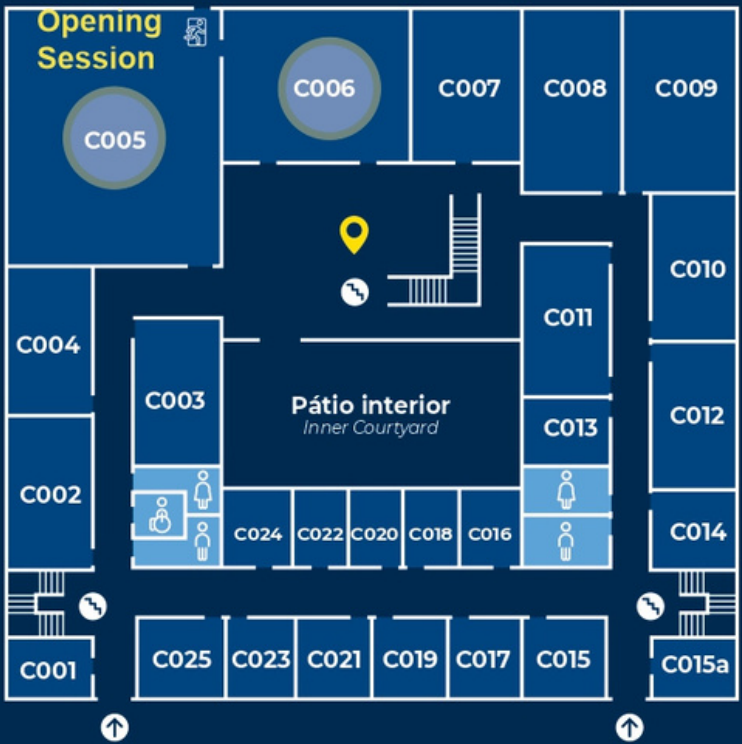


PISO
Floor
1

C001	Sala de primeiros socorros First Aid room
C002	Sala Classroom
C003	Sala Erasmus Mundus Classroom
C004	Sala Classroom
C005	Auditório C1 Auditorium
C006	Sala Classroom
C007	Sala Classroom
C008	Sala Classroom
C009	Sala Classroom
C010	Gabinete Office
C011	Lab. CRIA Lab
C012	Sala Classroom
C013	Gabinete Office

C014	Gabinete Office
C015	Gabinete Office
C015a	Sala Ecueménica Ecumenical Room
C016	Gabinete Office
C017	Gabinete Office
C018	Gabinete Office
C019	Gabinete Office
C020	Gabinete Office
C021	Gabinete Office
C022	Gabinete Office
C023	Gabinete Office
C024	Gabinete Office
C025	Gabinete Office

Sessions 2 + 3 in C006



PISO
Floor
0