



## Well-being is a skill A Dialogue with Dr. Richard Davidson

Keynote speech and workshops to explore mindful leadership in health, education and business

Tuesday, 10 April 2018

Landguet Ried, Center for mindful living, Bern, Switzerland



## A Dialogue with Dr. Richard Davidson

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Davidson is the William James and Vilas Professor of Psychology and Psychiatry and founder of the Center for Healthy Minds at University of Wisconsin-Madison USA. He is best known for his groundbreaking work studying emotion and the brain. A friend and confidante of the Dalai Lama, he is a highly sought after expert and speaker, leading conversations on well-being on international stages such as the World Economic Forum, where he serves on the Global Council on Mental Health. Time Magazine named Davidson one of "The 100 Most Influential People in the World" in 2006. Davidson is the author of The New York Times bestseller "The Emotional Life of Your Brain" and co-author of "Altered Traits. Science Reveals How Meditation Changes Your Mind, Brain, and Body" with Daniel Goleman, author of the bestseller "Emotional Intelligence".

### About the conference

The event is designed as a platform for dialogue and exchange with the aim to raise awareness about the benefits that incorporating mindfulness practice can bring in various areas of society, from healthcare to education and corporate settings: raise awareness about the long-term benefits of establishing mindfulness practice as part of primary and secondary education curricula; collaborate with human resources departments, business schools and leadership consultants to include mindfulness as a tool for self-development; work with healthcare professionals to provide tools for empathy and stress reduction.

Throughout panel discussions with key experts in the fields of health, business and education, participants will learn how meditation practice is already impacting and transforming the way we live, heal, learn and work.

Guided meditation and interactive exercises will provide a taste for the transformative potential of this practice when incorporated as a regular habit in our lives. The event will gather local authorities, healthcare and corporate representatives, and the MBSR communities in Switzerland, Germany and France.

Scientific evidence suggests that we can change our brains by cultivating habits of mind that will improve well-being, including happiness, resilience, compassion and emotional balance. Each of these characteristics can be shaped and modified within our brain by experience and training, as shown by the ground-breaking research at the Center for Healthy Minds at University of Wisconsin-Madison USA, under the direction of Dr. Richard Davidson.

Dr. Richard Davidson, an internationally renown neuroscientist, pioneer of the research of the impact of meditation practice on human well-being, and author of numerous books, will visit Landguet Ried for a multidisciplinary dialogue to explore the intersections between meditation, health and well-being and the various ways in which this millennial practice can contribute to the emergence of a more conscious, caring and compassionate society; a special emphasis will be placed on the research carried out around meditation in the fields of education, health and business.

## PROGRAMME

8:00 am	<b>Arrival of participants and check-in</b>
9:00 am	<b>Welcoming address – programme presentation</b> by Begoña Martinez, Managing Director Landguet Ried
9:15 am	<b>Keynote speech by Dr Richard Davidson: “Well-being is a skill”</b> How can leaders of health, education and business place well-being at the center of their organizations? Davidson will present his latest research and findings on the effects of meditation practice on human well-being. <i>Introduced by Béatrice Stucki, Councilor at the Canton of Bern</i>
10:30 am	<b>Break</b>
11:00 am	<b>Leading mindfully in Health and Society</b> Dr. Richard Davidson will be joined on stage by researchers and MBSR (Mindfulness Based Stress Reduction) trainers and practitioners, who will present the perspective on how mindfulness can change and is already changing the approach to one-self and to everyday's difficulties and thus contributing to enhancing overall emotional well-being. <i>The moderator will facilitate a guided meditation session for the last 15 minutes of the session.</i> With Dr. Richard Davidson, Jean Gérard Bloch, Dr. Britta Hölzel and Dr. Olga Klimecki Moderation: Erick Rinner
12:30 pm	<b>Lunch break</b>
2:30 pm	<b>Leading mindfully in education</b> Dr. Richard Davidson will be joined on stage by education professionals and MBSR instructors in the field of education to explore how mindfulness can contribute to enhancing the teacher-student relationship in the classroom and overall academic results. <i>The moderator will facilitate a guided meditation session for the last 15 minutes of the session.</i> With Dr. Richard Davidson, Ursula Frischknecht-Tobler, Prof. Andreas de Bruin and Maria Kluge Moderation: Diego Hangartner,
4:15 pm	<b>Break</b>
5 pm	<b>Leading mindfully in business</b> Dr. Richard Davidson will be joined on stage by mindful leadership consultants and corporate representatives to explore how mindfulness can contribute to the emergence of a more caring, creative and productive workplace. <i>Guided meditation sessions and interactive exercises interspersed during the panel</i> With Dr. Richard Davidson, Yves Lebihan, Erik Rinner, Liane Stephan and Angelika von der Assen Moderation: Romeo Ruh
7:30 pm	<b>Cocktail, get together and networking</b>



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**Jean Gérard Bloch**  
MD Rheumatologist at  
University of Strasbourg



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**Prof. Andreas de Bruin**  
University of  
Applied Sciences, Munich



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**Ursula Frischknecht-Tobler**  
Co-President of the  
Swiss MBSR Association



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**Diego Hangartner**  
Founder of the Institute of  
Mental Balance and  
Universal Ethics (IMBUE)



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**Dr. Britta Hölzel**  
Neuroscientist, psychologist,  
MBSR and yoga trainer,  
Germany



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**Dr. Olga Klimecki**  
Affective neuroscientist,  
University of Geneva



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**Maria Kluge**  
Author of the book  
"The toolbox is you",  
Germany



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**Yves Lebihan**  
Founder of the  
French Institute  
of Positive Leadership



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**Erick Rinner**  
Partner & International  
Director at  
Potential Project



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**Romeo Ruh**  
Executive Coach and  
Leadership Consultant



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**Liane Stephan**  
Co-founder of Kalapa  
Leadership Academy,  
Germany



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**Angelika von der Assen**  
Axpo Group Baden,  
Search Inside Leadership  
Institute, Switzerland

## Target groups

- Education professionals and public authorities
- Healthcare professionals
- MBSR teachers and trainers
- Social workers
- Leadership consultants
- Human resources departments

## Date and Time

Tuesday 10 April 2018, 9 am – 7:30 pm

## Venue

Landguet Ried, Center for mindful living  
Hilfligweg 10, 3172 Niederwangen, Bern, Switzerland

## Pricing

Regular CHF 250.–

Reduced\* CHF 150.– (\*students, unemployed, AHV)

## Registration and Ticketing

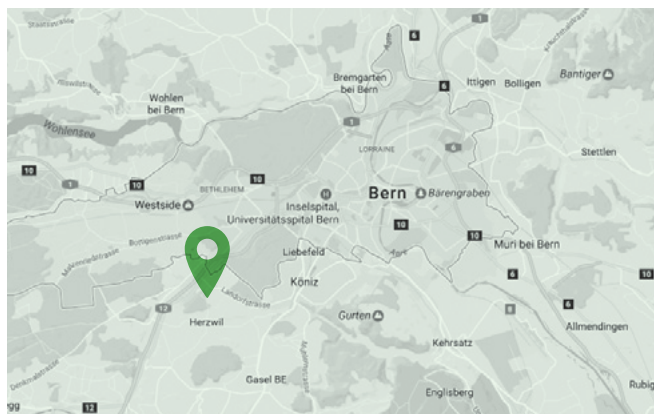
[www.landguet.ch/richard-davidson](http://www.landguet.ch/richard-davidson)

## Accommodation

It is possible to stay overnight at the venue:

[www.landguet.ch/en/accomodation](http://www.landguet.ch/en/accomodation)

The event is organised by



### By car

Via Autobahn A1, A2 or A12  
Direction Bern/Fribourg,  
Exit no. 11 Niederwangen.

### By train

#### From Basel or Zurich

IC or IR to Bern main station,  
Change to S-Bahn No. 1 (direction  
Fribourg) or S-Bahn No. 2 (direction  
Laupen) to Niederwangen.

#### From Geneva

IC or IR to Fribourg railway station,  
Change to S-Bahn No. 1  
(direction Bern) to Niederwangen.