



Landelijk
Mindfulness Symposium
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Talk title: Metamodern Mindfulness

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Summary: In this talk we will introduce a new story that puts human development at the centre of societal progress and explore why mindfulness may fundamentally underpin a host of positive behaviours and outcomes that will help us meet the interconnected political, cultural, economic, technological and environmental crises of our time.

Jamie Bristow is Director of the world's first policy institute about mindfulness, which grew out of a programme of mindfulness teaching for politicians in the British Parliament. The Mindfulness Initiative provides the secretariat to the UK Mindfulness All-Party Parliamentary Group and helped politicians to publish the seminal Mindful Nation UK policy report. Jamie now works with politicians around the world to help them make use of their capacities of mind and heart within serious considerations of public policy. He was formerly Business Development Director for the meditation app, Headspace.

Read more here: <https://www.themindfulnessinitiative.org/>



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