So where are we going?
Into what specific activities should Mind & Life Europe most usefully put its effort?

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Clarifying and identifying what is...</td>
</tr>
<tr>
<td>Creating supportive network(s)</td>
</tr>
<tr>
<td>Creating local groups</td>
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<tr>
<td>Creating internet database(s)</td>
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<tr>
<td>Uncovering and publicising good...</td>
</tr>
<tr>
<td>Developing new resources</td>
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</tbody>
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CCE as a hub?
Connecting people
A more detailed map of CE in Europe?
We're waiting for you to lead the way for the numerous groups working towards and living in line with a common goal.
“Henry! Our party’s total chaos! No one knows when to eat, where to stand, what to ... Oh, thank God! Here comes a border collie!”
Leadership
Teamwork
“We need a centralised, reliable and authoritative 'go to' point for advice and support for educators across Europe who are thinking of bringing mindfulness into the school/educational institution.”
Promote “the science”
THE EVIDENCE FOR MINDFULNESS IN SCHOOLS
FOR CHILDREN AND YOUNG PEOPLE

Katherine Weare
Emeritus Professor, University of Southampton,
Honorary Visiting Professor, University of Exeter
skw@soton.ac.uk
3 recent systematic reviews
5 meta-analyses
Of 43 studies (+ or -)
Mindfulness as an ‘intervention’
Research base has increased exponentially
The neuroscience: re-shaping brain-and body
They are safe ‘selling points’ for mindfulness

“A toolkit of practices.. a valuable life skill... to feel calmer and more fulfilled; to get on better with others; to concentrate and learn; to manage stress and anxiety; to perform well. “

Mindfulness in schools website
All these studies and reviews are human creations and have their weaknesses and limitations.
Types of Research Methods

- Experimental
- Correlational
- Basic
- Quantitative
- Qualitative
- Applied
Research to Practice

Evidence-based Education

Research

Efficacy
What works?

Effectiveness
When does it work?

Implementation
How do we make it work?

Monitoring
Is it working?

Practice

Replicability

Sustainability
Knowledge without wisdom is like water in the sand.

GUINEAN PROVERB
Right mindfulness is, first of all, not a tool or an instrument, but a path. Right mindfulness is not a means that can be used to arrive at an end. True mindfulness is not only a path leading to happiness, it is a path of happiness.

Thich Nhat Hanh
“Make me one with everything.”
HAPPY TEACHERS CHANGE THE WORLD

a guide for integrating mindfulness into education

Thich Nhat Hanh
and Katherine Weare
Evidence for Mindfulness: Impacts on the Wellbeing and Performance of School Staff

Katherine Weare
Emeritus Professor, Universities of Exeter and Southampton
skw@soton.ac.uk
I include regular mindfulness sessions at the start of lessons and also meetings.

Since the start of the course I have been able to control my emotions during a time of great stress in my family.

I have been able to use the skills with young people who are struggling with certain aspects of their life.

Slowing down and treating life as a gift highlights just how precious time and our relationships with ourselves and others is.
CCE Vision

• Create a sustainable and vibrant **community** and network of the leading pioneers and experts to enhance collective learning and implementation.

• Become a **resource** for education professionals to equip them to design and facilitate and evaluate effective education initiative and programs, that include mindfulness and contemplation and...

• ....that produce **compassionate and resilient** people who contribute to **flourishing and caring societies**.
Partnerships with you?

Partner

Keep me informed

Come to meetings
Some core principles

• Uncover and build on existing strengths, networks, programmes, wisdom etc
• Respect cultural diversity of Europe
• Build consensus, partnerships, community
• Concrete outcomes/products that are practical and useful for schools and universities
• Based on evidence – of many kinds
• Sustainable process
Authentic change takes time

It took us fifteen years to lay a healthy foundation of understanding before our program established a strong foothold in our school and our local community. Senior Administrator, Thailand.
If you had a magic wand what would you do to develop the field of contemplative- mindfulness based education in Europe?

(What practical things can the CCE best do in the next year?...
That’s for tomorrow, lets dream today....)