



The Initiative Mindful Austria cordially invites you to join our Mindfulness hikes – an immersive outdoor experience with world class leaders in Mindfulness.

MINDFULNESS IN EDUCATION

LEAD BY **ROBERT THOMAS**, EXECUTIVE DIRECTOR MINDFUL SCHOOLS, USA

Robert will share the importance and impact of Mindfulness in the education system and his organization's mission and activities. Robert will also guide us through some key mindfulness practices for a personal experience.

SUNDAY, August 25th, 9:00-12:00, Meeting point: **CCA**

MINDFULNESS IN POLITICS

LEAD BY **YOKO ALENDER**, ESTONIAN ARCHITECT, CIVIL SERVANT & POLITICIAN

In this hike Yoko will share how she implemented an initiative on Mindfulness in the Estonian Parliament. In addition, she will guide us through some key mindfulness practices for a personal experience

MONDAY, August 26th, 9:00-12:00, Meeting point: **CCA**

MINDFULNESS IN ECONOMICS

LEAD BY DR. **ERNEST C. H. NG**, PROFESSOR AT THE UNIVERSITY OF HONG KONG

Ernest will share his personal journey in exploring the integration of mindfulness in the financial sector and the economy, reflecting on recent developments on mindfulness, sustainable finance, and responsible investing.

TUESDAY, August 27th, 9:00-12:00, Meeting point: **CCA**

ABOUT THE INITIATIVE MINDFUL AUSTRIA

Our society has reached a point where the looming topics of our times will no longer be solvable by “technology, knowledge and education” in order to move our country forward. Competencies such as cooperation, mental flexibility, creativity and judgemental skills in connection with leadership will decide whether technical opportunities can be harnessed productively.

The growth and sustainability of Austria can be influenced by tapping fully into human potential.

In this connection, Mindfulness is defined as the capacity to focus the mind non-judgementally on a specific object,

topic or project, being fully present and without prejudice.

This sounds apparently easy. Just like our muscles, the mind can be trained with the help of mindfulness practices. Numerous neuroscientific research studies have shown the positive effects of practices like meditation on mental and physical health and on our productivity.

In mastering our connection to the body, the mind and emotions, Mindfulness reduces stress and fear, improves creativity, effectiveness, empathy and wellbeing.

INITIATIVE MINDFUL AUSTRIA



We are a group from diverse areas of society (Education, Business, Medicine and Science) whose objective is to put Mindfulness onto the political agenda in Austria. We are convinced that strengthening our mental and human capabilities will enable our country to address future challenges keeping the longterm responsibility for society and the planet at the forefront of political decision making.

www.achtsamesoesterreich.at

