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Page 1: Mapping mindfulness, empathy and compassion applications at a systems level across Australia

Q1 PROJECT TITLE Short title for your project

Mindfulness in the academy: Practices and Perspectives from Scholars

Q2 ORGANISATION Who are you? List the name of your company/school/hospital/NGO/government department/professional association/legal firm/etc.

Swinburne University of Technology
Federation University Australia

Q3 DESCRIPTION & URL LINK What are you doing? Outline the aims and scope of your project, program or activity. Include URL link for more information.

We are editing a book that will be published through Springer "Mindfulness in the academy: Practices and Perspectives from Scholars". This book will contain 18 chapters from staff working in higher education in both Australian and international contexts. Each chapter author will explore the ways they embed mindfulness practices in their work in higher education. Through this book we seek to provide insights into the way that mindfulness is present within the academy and the impacts it has on the work of higher education staff.

You can find out more about the book and get regular updates by signing on at this address:
<http://www.exploreandcreateco.com/projects/>

Q4 SUCCESS MEASURE How will you measure success? Describe the outcomes, value, or effectiveness of the project or activity. For example, changes in:- levels of bullying;- levels of medical errors;- organisational culture & practice; etc

For this project, success will be reflected in our ability to influence other academics and those working in higher education to consider the role of mindfulness within higher education contexts. We hope this will provide a platform for future work in this field.

Q5 LIMITATIONS Any limitations? Provide details of any limitations in the activity, program or project. For example:- didn't seem to apply in particular circumstances;- a pilot project with limited reach; etc

Respondent skipped this question

Q6 RESEARCH & KNOWLEDGE TRANSFER Do you have research support? List any links to universities/NGOs/ Thought Leadership companies designing, researching or evaluating this activity or project. Is your activity funded through a research grant? Will your project be written up in a journal/book chapter or presented at a conference?

Along with the published book, information about the project will be available at the following weblink:

<http://www.exploreandcreateco.com/projects/>

We plan on disseminating this work through conferences and workshops.

Q7 COLLABORATION & PARTNERSHIP REQUESTS How can the Network support you? Are you seeking any alliances, research partnerships? For example:- find others working in the area that could offer a larger research investigation or analysis sample;- put out a call to share information in similar sectors/ situations for comparisons or comparative data;- request design, evaluation support for the activity, program, project.

We would be interested in hearing from people in higher education contexts who are adopting mindfulness practices in their work.

Q8 IDEAS & INNOVATIONS Does your project raise issues that Network members could assist with, or take up? Identify the spin-off questions that this activity or project is raising – for others to respond to, or take up – to engender wider discussions. As patterns across organisations start to emerge, and the Network develops, suggest new design elements to facilitate more pro-active innovations and collaborations.

If anyone else is doing work in this area, we'd love to hear from you.

Q9 CONTACT Who is the contact person? Offer a name from the organisation for people to directly speak to, or email.

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Dr. Sharon McDonough, Federation University Australia, s.mcdonough@federation.edu.au
