As educators, we dedicate an extraordinary amount of our time and selves to our work. Given the CSUSM commitment to principles of social justice, it is common that our role as educators is seen as “a calling” rather than a job, and as such, it is important that we establish healthy boundaries and strive for work-life balance. This session will offer an introduction to Mindfulness practice as an act of Radical Self-Compassion that is vital to our engagement with Social Justice both inside and outside the classroom.

TUESDAY, AUGUST 24, 9:30AM-12:00PM
LOCATION: ZOOM

9:30-10:00am - Welcome
10:00-11:30am - Presentation
11:30-12:00pm - CFA Updates for Lecturers

Please RSVP by Monday, August 23