

**Mindfulness
Presentation**

Created a 'Mindfulness at Work' presentation and presented to over 10 university departments. Recorded and posted the presentation online after Covid-19 shut down campus.

Meditation Line

Created a phone extension at Lindenwood where employees and students can call at any time to listen and participate in a brief guided meditation. Ext. 4111

**Best Practice
Research**

Began with researching best practice for mindfulness programs at companies and higher education.

**Mindfulness
at
Work**

**Sharepoint
Resource Page**

Created a Mindfulness page on sharepoint to help employees with articles, books and other resources to support them during the Covid-19 pandemic and beyond.

**Collaboration
with Faculty
Fellow**

Collaborated with 2020 Faculty Fellow to implement mindfulness in to a number of classes including two freshman seminar sections.

**Employee
Resource**

Served as a resource for employees who needed support, or assistance with starting support groups within their department.

Elizabeth Snell

LINDENWOOD

U N I V E R S I T Y

LEARNING ACADEMY

Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them.