



Global Human Flourishing @UF:

Inspiring Science, Wisdom and Compassionate Action

Thursday, April 4, 2024

UF's Smathers Library, Rm 100 | 8:15 AM – 02:15 PM

Time	Description	Presenters
8:15am – 8:30am	Registration (rolling basis start to end of event)	
8:30am - 8:50am	Opening Remarks & Announcement of Best Paper Mindfulness Awards & Certificates	Sabine Grunwald , Director UF Mindfulness and Professor, IFAS, UF
8:50am - 9:20am	Mindfulness & Grounding Practice: Grounding Ourselves in Compassion	Trish Magyari , MBSR and Mindfulness Self- Compassion Teacher
9:20am - 9:35am	Break	
9:35am - 10:25am	Keynote Talk: Mindfulness in Hospitality and Tourism: Applications and Research Findings Abstract: This presentation will showcase mindfulness-related applications in the hospitality and tourism industries. Dr. Wang will also share research findings from his hospitality and tourism studies in mindfulness.	Keynote Speaker Yao-Chin Wang , Assistant Professor, Department of Tourism, Hospitality & Event Management, UF
	Brief Bio: Dr. Yao-Chin Wang is an Assistant Professor in the Department of Tourism, Hospitality and Event Management at the University of Florida. He serves in editorial boards for several journals in hospitality and tourism and serves as a co-Guest Editor for a special issue on "Mindfulness and mental health in hospitality and tourism education and the workplace" of Journal of Hospitality & Tourism Education. Dr. Wang has published more than 70 journal articles and over 80 conference papers. His research focus is Mindfulness in the areas of: (1) Artificial Intelligence and Technology Experiences, (2) Management and Organizational Behavior, and (3)	

	Marketing and Consumer Behavior. He is a recipient of several research honors and awards, including the W. Bradford Wiley Memorial Best Research Paper of the Year Award.	
10:25am - 10:40am	Break	
10:40am - 11:30am	Mindfulness & Global Human Flourishing Panel Panel Participants: Leva LaMontagne, Elizabeth Washington, and Sabine Grunwald	Panel Moderator Ana Puig , Clinical Professor and Research Director in the office of Educational Research, College of Education, UF
11:30am - 11:45am	Break	
11:45am -12:35pm	Keynote Talk: Moral Virtues, Spirituality, and Flourishing: Why Does Wisdom Matter? Abstract: Is it wise to be good or is it good to be wise? The presentation will explore whether morality and spirituality are necessary for the development of wisdom and, conversely, whether wisdom might strengthen morality and spirituality and lead to flourishing.	Keynote Speaker Monika Ardel , Professor of Sociology in the Department of Sociology and Criminology & Law, UF
	Brief Bio: Monika Ardel, Ph.D., is Professor of Sociology and the 2008 Colonel Allan R. and Margaret G. Crow Term Professor at the University of Florida. She is also a 1999 Brookdale National Fellow, a 2005 Positive Psychology Templeton Senior Fellow, and a Fellow of the Gerontological Society of America. She is a Founding Faculty Member and Member of the Advisory Board of the University of Florida Center for Spirituality and Health and a member of UF Mindfulness. Dr. Ardel received her Diplom (M.A.) in Sociology from the Johann Wolfgang Goethe-University of Frankfurt/Main in Germany and her Ph.D. in Sociology from the University of North Carolina at Chapel Hill. She is the developer of the widely used <i>Three-Dimensional Wisdom Scale</i> (3D-WS; Ardel, 2003) and the co-editor of the book <i>Faith and Well-Being in Late Life: Linking Theories with Evidence in an Interdisciplinary Inquiry</i> (2009). Her research focuses on successful human development across the life course with particular emphasis on the relations between wisdom, religion, spirituality, aging well, and dying well.	
12:35pm -12:50pm	Break	
12:50pm - 1:20pm	Sound Meditation Practice: Rest & Reflect Find comfort and grounding in gentle movements. Rest in the sounds of the gong and silence. Reflect on your experience of the day.	Kim Holton , Instructional Assistant Professor, Department of Health Education &

		Behavior, College of Health & Human Performance, UF
1:20pm - 1:40pm	Diving Deeper into Human Flourishing @ UF	Jennifer Kennymore, Assistant Director Gator Well
1:40pm - 1:50pm	Closing Remarks	Sabine Grunwald, Director UF Mindfulness and Professor, IFAS, UF
1:50pm - 2:15pm	Connect & Socialize with Mindfulness Community	All