Mindfulness and Total Worker Health

Presented by Oregon Institute of Occupational Health Sciences, Portland State University’s Occupational Health Psychology Program, Oregon Healthy Workforce Center, and SAIF Corporation

Friday, November 20, 2015

Agenda

9:00- 9:15 AM  Welcome
Leslie Hammer, Ph.D., Director, Occupational Health Psychology Program, Portland State University; Senior Scientist, Oregon Institute of Occupational Health Sciences, OHSU, Portland OR

9:15- 10:15 AM  Minding Your Safety and Wellbeing at Work: Applied interventions to foster employee mindfulness
Autumn Krauss, Ph.D., Chief Scientist, Sentis

10:15-10:30 AM  Break

10:30-11:30 AM  Mindfulness and Policing in the 21st Century
Richard Goerling, Hillsboro Police Department

11:30-12:30 PM  Lunch (provided) & Networking

12:30 –1:30 PM  Alaska Tanker Company - Riding the Wellness Wave:
Providing opportunities to create and sustain wellness through emotional intelligence, mindfulness, nutrition, and fitness programs
Susy Reiner, RN, CDE, and Captain Robert Wenz, Assurance, HSSE and Marine Team Lead, Alaska Tanker

1:30 – 1:45 PM  Break

1:45 – 2:45 PM  Mindfulness Training and Teacher Health, Wellbeing, and Classroom Behavior
Robert Roeser, Ph.D., Professor of Psychology and Human Development, Department of Psychology, Portland State University

2:45 – 3:30 PM  Panel Discussion, Questions and Wrap-up - all presenters Facilitated by Charlotte Fritz, Ph.D., Associate Professor, Department of Psychology, Portland State University