



University College Cork, Ireland
Coláiste na hOllscoile Corcaigh



BON SECOURS HOSPITAL

Bon Secours Hospital Cork and
The Catherine McAuley School of Nursing & Midwifery, University College Cork
jointly present:

Mindfulness

IN THE

WORKPLACE

Mindfulness is a concept which is developing great momentum in the healthcare sector and its relationship to respectful engagement with self and others is intrinsically motivating.

SATURDAY **22** SEPT. 2018

VENUE: **GO2, BROOKFIELD HEALTH SCIENCE COMPLEX,**
UNIVERSITY COLLEGE CORK

Book Your Place

Places are limited, to secure your name please email
mindfulnessconference@bonsecours.ie

on or before **Friday, 24th August 2018.**



SATURDAY **22** SEPT. 2018

VENUE:
 BROOKFIELD HEALTH SCIENCE COMPLEX,
 UNIVERSITY COLLEGE CORK

09:00 - 09:30	Registration
09:30 - 09:35	Morning Conference Chairperson: Mr Harry Canning , <i>Hospital Manager, Bon Secours Hospital Cork</i>
GUEST SPEAKERS: Session 1	
09:35 - 09:45	Opening Address: Sr Margaret Mary Hanafin , <i>Bon Secours Sister</i>
09:45 - 10:30	Dr Luke Macnamara, OSB , <i>Monk in Glenstal Abbey, qualified Medical Doctor and Lecturer in St Patricks College Maynooth</i> The Three R's of Exceptional Care
10:30 - 11:00	Ms Ber Mulcahy , <i>Director of Nursing, Bon Secours Hospital Cork</i> Compassion as a Key to Wellbeing
11:00 - 11:15	Panel Discussion / Q & A
11:15 - 11:45	Coffee
GUEST SPEAKERS: Session 2	
11:45 - 13:00	Dr Maureen Gaffney , <i>Psychologist and Author of 'Flourishing'</i> Keeping Going, Keeping Up & Keeping Sane: Why Resilience is the New Master Competency
13:00 - 13:15	Panel Discussion / Q & A
13:15 - 14:15	Lunch & Musical Recital
14:15 - 14:20	Afternoon Conference Chairperson: Professor Eileen Savage , <i>Head of School of Nursing and Midwifery, UCC.</i>
14:20 - 14:50	Ms Anne Twohig , <i>Founder of Centre for Mindfulness Ireland</i> Introducing Mindfulness to the Workplace
14:50 - 15:20	Ms Carmel Sheridan , <i>Psychotherapist and Author of 'Reminiscence' and 'The Mindful Nurse'</i> Practical Mindfulness in Daily Life of Healthcare
15:20 - 16:00	Bon Secours Embraces Mindfulness Soundbites from Staff on Introduction of Mindfulness to the Workplace
16:00 - 16:15	Panel Discussion / Q & A
16:15 - 16:30	Closing Address: Mr Ken Joyce , <i>Mission Leader, Bon Secours Hospital Cork</i>

As healthcare professionals cope with increasing patient acuity and higher levels of throughput, it becomes even more important to address humanity and engagement within the process. This is the response of **Bon Secours Hospital Cork** in conjunction with **The Catherine McAuley School of Nursing & Midwifery, University College Cork** to help develop a supportive culture for patients and Healthcare professionals which underpins the core values of **Compassion, Respect** and **Quality**, and facilitates respectful patient, staff and self-engagement.

The concept and practice of mindfulness has taken hold in hospitals, universities, clinics, management, and in our daily lives. The unifying theme in the growing art and science of mindfulness is an effort to lessen suffering and bring more joy and compassion in this world.



DR LUKE MACNAMARA, OSB

*Glenstal Abbey,
Lecturer Saint Patrick's
College*

Dr Luke Macnamara OSB is a monk of Glenstal Abbey and lecturer in Sacred Scripture in Saint Patrick's College Maynooth. He graduated from UCD Medical School in 1994 and completed General Practice Specialisation in 1998. He then entered Glenstal Abbey where he taught in the Abbey School and headed up the Special Education Needs Department, during which time he contributed to the National Taskforce on Dyslexia (2000-2001). He pursued undergraduate studies in Theology at the Institut Catholique in Paris and completed a diploma in Medical Bioethics at the Jesuit faculty of Centre-Sèvres (2001-2005). Following three years of teaching at the Abbey School, he specialised in biblical

studies at the Pontifical Biblical Institute in Rome and Jerusalem obtaining a licence and doctorate in Sacred Scripture (2011, 2015 respectively).

He is a member of the Irish Biblical Association (2015–present), the Catholic Biblical Association of America (2016 – present), the Society of Biblical Literature (2016–present) and the Irish Catholic Doctors Learning Network (2015–present).

He has published a monograph on Paul in the Acts of the Apostles and many articles in scientific and popular journals. He has been lecturing in Sacred Scripture since 2015 and is a regular retreat giver and conference participant.



MS BER MULCAHY

*Bon Secours Hospital Cork,
Director of Nursing*

Ms Ber Mulcahy is the Director of Nursing in Bon Secours Hospital Cork and has worked there for 30 years in a number of Nursing / Leadership roles as Nurse Tutor, Human Resource Manager, Director of Nursing and Member of the Hospital Management Team. Her clinical interest lies primarily in the area of patient inclusion, and she strongly supported her colleague, Dr Mary Forde in the introduction of Nursing Bedside Handover as a patient engagement strategy. She has a particular interest in the area of staff development and learning. For many years she lectured in UCC in the area of HR management where she used as her motto "People are our greatest asset, they appreciate with investment". Having completed a HDip in Coaching Psychology and an MSc in Mindfulness Based Interventions she identified the potential and

great need for the promotion of stress reduction in the work place, particularly in health care where employees often express and suffer the symptoms of compassion fatigue. She believes Mindfulness has a lot to offer employees both for their personal and professional lives in the area of stress reduction. In 2016 she initiated a programme on the introduction of Mindfulness for staff. To date approximately 150 staff have completed the MBSR Programme (8-week Mindfulness Based Stress Reduction Programme). She is progressing to a Degree in Theology to compliment the spiritual dimensions of Mindfulness. While compassion is a core value of Bon Secours and the Irish Nursing profession, Ber believes that compassion needs to be clearly defined, understood, measured and tangible for both patients and staff.



DR MAUREEN GAFFNEY

*Psychologist,
Author 'Flourishing',
Broadcaster*

Dr Maureen Gaffney is a well-know psychologist, writer and broadcaster. She was Director of the Doctoral Programme in Clinical Psychology Trinity College Dublin for many years and now helps businesses and other organisations to build resilient, emotionally-intelligent leadership, teams, and work cultures. She has worked with a wide range of major multinational companies in Ireland and in the US including Intel, Boston Scientific, Amazon, Google, as well as the professional and financial services sectors in Ireland, and with the educational sector in Australia. Her best selling book Flourishing was the basis of the two-part documentary How to Be Happy which she presented on RTE television. She is a much sought after speaker and has addressed a wide range of business businesses and other organisations in Ireland, the UK, the US, Sweden, Germany and Spain.

boards, including as Executive Chair of the National Economic and Social Forum (NESF); Chair of Revitalising Areas by Planning, Investment and Development (RAPID) Programme; Chair of the Board of the Insurance Ombudsman of Ireland; and on the board of the HSE; the Council of the ESRI; and as a Law Reform Commissioner.

She earned her B.A. in Psychology at University College Cork, her M.A. in Behavioural Sciences at the University of Chicago and her PhD at Trinity College Dublin. She has completed Executive Education Programmes on leadership and governance in the Harvard Kennedy School, the University of Chicago Business School and the Kellogg School of Management. She is a member of the Harvard Kennedy School Women's Leadership Board and served on its Executive Committee.

She has served in a number of state and private



Mindfulness IN THE WORKPLACE

SAT. **22** SEPT. 2018

WHO SHOULD ATTEND?

- All Healthcare Professionals who have an interest in embracing the concepts of engagement.

WHY SHOULD I ATTEND?

- Caring for the Carer
- National speakers, experts of mindfulness and compassion for you to ask questions relevant to your organisation.
- Get most upto date information & strategy tips.
- Build new relationships with like minded professionals.
- RCPI CPD points and NMBI CPD points.



MS ANNE TWOHIG
Founder of Centre for
Mindfulness Ireland

Ms Anne Twohig, founder and director of Centre for Mindfulness Ireland, is a Mindfulness Based Stress Reduction Programme (MBSR) Teacher and Teacher Trainer for the past 12 years. She trained with the Center for Mindfulness, (CFM), University of Massachusetts Medical School (UMass) and is now an adjunct faculty member of the MBSR Professional Teacher Training School at CFM UMass. She is a trainer of MBSR Teachers in the U.S., mainland Europe as well as Ireland.

Teaching Mindfulness and training teachers in MBSR has brought Anne in contact with many areas within society, business and health care. She works in corporate and banking organisations and healthcare

institutions delivering Programmes tailored for the workplace.

Anne has worked extensively bringing mindfulness into education both for students and teachers and is an awardee with Social Entrepreneurs Ireland for her work in Mindfulness in Education.

She also delivers mindfulness programmes for the general public teaching mindfulness skills for living life in the 21st century with more resilience and ease.

Prior to becoming a Mindfulness Teacher, Anne, as an entrepreneur, was founder and executive of two successful companies specialising in golf event management and corporate golf tours.



MS CARMEL SHERIDAN
Psychotherapist,
Author 'The Mindful Nurse'

Ms Carmel Sheridan, MA, MSc, is a licensed psychotherapist and clinical supervisor in private practice in Galway. She has two Master's degrees in psychology and is the author of three books Her latest book *The Mindful Nurse: Using the Power of Mindfulness and Compassion to Help You Thrive in Your Work* was selected by the *American Journal of Nursing* as one of the three most valuable texts in Nursing Education in 2017 in their *Book of the Year Awards*.

Carmel teaches mindfulness and compassion-based practices to healthcare professionals with a focus on self-compassion to promote resilience, focus, self-care, and well-being.

She also teaches the 8 week Mindfulness-Based Stress Reduction program in workplaces, in the community, as well as online.

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