



NCHS Student Services Parent Programs

TUESDAY, OCTOBER 29

7:00-8:30 P.M.

NCHS Learning Commons

The Science of Mindfulness for Self-Care

SPEAKER: Todd Fink

Mindfulness involves paying attention in the present moment without judgment. It is about awareness as opposed to thinking. This evidenced-based therapeutic practice has many benefits for our physical and emotional well-being, with an abundance of new research showing people can find inner calmness despite outer circumstances.

Attendees will learn about the basics of the mindful brain and have the opportunity to experience simple, effective techniques for mind/body wellness. Three mindful qualities will be discussed: 1) intention; 2) non-judgment; and 3) acceptance. These qualities can help parents and students connect more deeply and communicate with insight and empathy. It is an opportunity to enhance well-being, improve focus and respond wisely during times of challenge or change.

Todd is an artist, thinker, speaker and social and environmental activist with nearly 20 years of clinical experience as an associate of Linden Oaks Behavioral Health. He is the co-founder of the acclaimed music group The Giving Tree Band and the creator of the "Kind Mind" podcast. A modern Renaissance man his songs, videos, articles and lectures on health and harmony have inspired many around the world. He has had an album reach the Top 40 on the Americana Radio Charts and his podcast has routinely been a Top 40 show in category of Alternative Health. He holds certifications in addiction counseling and mindfulness meditation and earned his Psychology and Music degrees from Georgetown University. Todd has been a wellness consultant and mentor for Fortune 500 companies, non-profits, schools, governments and other organizations and works fervently to help communities build sustainable cultures of well-being and peace.

www.michaeltoddink.com



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