Spring 2010 Endorsed Proposals

Funding for two speakers on minimizing the negative effects of stress - Arthur Zajonc lecture and Florence Meleo-Meyer lecture & workshop (Center for Mindfulness in Medicine, Healthcare and Society at the University of Massachusetts Medical School)

Funding for two wall-mount diaper changing stations on campus

Funding to support on-campus yoga classes and yoga supplies

Funding for classes on meditation practices and workshop on contemplative practices

Spring 2011 Endorsed Proposals

Funding to provide after school opportunities for the children of faculty and staff

Continued support for on-campus yoga classes, and to provide financial support and childcare where those factors are an impediment to faculty and staff participation

Funding to engage students (perhaps through student groups needing funds) to set up a skype or gmail video or some other video conferencing capability on request for meetings, lectures and presentations that because of other obligations, familial or professional, that make it impossible to attend. This might also include taping for later broadcast on a dedicated website for students, staff and faculty.

“Faculty & Staff Happy Hours” at 51 Main St. Grant will support the purchase of finger food for four gatherings. To cultivate this much-needed third space between work and life. We believe it is important that the college demonstrate a renewed commitment to the college community by fostering social spaces for faculty and staff. This initiative would promote interdisciplinary discussions and encourage much needed communication among faculty and between faculty and staff.

Funding for a guest speaker and two follow-up lectures and workshops to build on last year’s programming surrounding stress reduction. John de Graff is the international coordinator of TAKE BACK YOUR LIFE, an internationally recognized organization. Florence Meleo-Meyer and Diane Kamila, senior teachers from the Center for Mindfulness in Medicine, Healthcare and Society at the University Massachusetts Medical School, will present a lecture and two practical workshops.