



**ICM Asia Pacific 2019**

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## **ICM Asia Pacific 2019 Keynote – Patricia (Tish) Jennings Building a Peaceful World with Mindfulness and Compassion in Education**

Educators and philosophers have pointed to the importance of quality education for building a peaceful world. This requires the intentional cultivation of wholesome school environments where students feel supported and encouraged to thrive. However, increasing demands on teachers have resulted in high levels of stress and burnout, which can hinder their sustained commitment to teach and their ability to support their students. Indeed, there is a growing teacher shortage that threatens education quality worldwide. How can we better prepare teachers for these demands so our students and teachers can thrive? Prof. Jennings will present evidence that mindfulness- and compassion-based approaches for teachers and students have the potential to transform our schools into safe, peaceful and nurturing spaces where our children and teens can thrive.

