



MP4S - MINDFULNESS PRACTICES FOR STUDENTS IN SOCIETY



MULTIPLIER EVENT



 10 SEPTEMBER 2024

 ONLINE



Mindfulness Practices for Students in Society

Final Multiplier event

Hosted by UNICA

Online

10.09.2024, 10h00 – 12h00 (CEST)

Objective

The primary aim of the Erasmus + project MP4s project is to investigate the extent to which mindfulness could provide practice-based context to learn about the nature of human behaviour and how it can be transformed. This final multiplier event aims to showcase the keystone results (PRs) and outputs achieved in this regard.

Registration form:

On the [UNICA event webpage](#) , accessible until September 3, 2024. The link to the webinar will be automatically provided subsequent to registration.

Draft Agenda

10.00	Welcome and icebreaker
10.10	On the importance of mindfulness in higher education and what the EU does to foster it Q&A
10.20	Short introduction to the project (content, design and goals)
10.30	PR E-learning: Sit4Planet Presentation by UniLaSalle Q&A
10.50	PR MP4S Manuals (Trainers and Students) Presentation by UniLaSalle + Conhecer-Se Q&A
11.10	Break
11.15	Presentation on MP4S tool in comparison to other existing Online Tools Q&A
11.25	PR Recommendations for the HEI Presentation by UNICA Q&A
11.40	PR Public Policy Recommendations to include mindfulness practices into society Presentation by OCAK İZİ Derneği Q&A
11.55	Closing and Outlook