



# SHARING DAY 2019

**LOVE AS A STRATEGY FOR WELLNESS: THINKING ABOUT COMPASSION THIS VALENTINE'S DAY**

**Thursday 14<sup>th</sup> February 2019**

**University of Birmingham Medical School  
– Centre for Professional Development**

**“Mindfulness is a way of befriending ourselves and our experience.”**

**Jon Kabat-Zinn**

**Please join us for a day of sharing best practice at the University of Birmingham Medical School.**

More details can be found at [www.asme.org.uk/mime](http://www.asme.org.uk/mime)



## Who should attend

- This day is open to anyone interested in introducing, integrating or improving the use of mindfulness in their clinical teaching or training programs.

## Why should I attend

- Presentations from colleagues from around the UK on the use of mindfulness for medical students and post graduates.
- Workshops on the use of mindfulness and improving wellbeing in medical education.
- The opportunity to share best practice and create collaborations.

## Call for abstracts

- We invite participation to the sharing day from academics in all areas of clinical, medical and health professions education.
- Deadline for submissions  
– **Tuesday 15th January 2019**






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