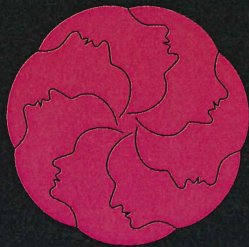
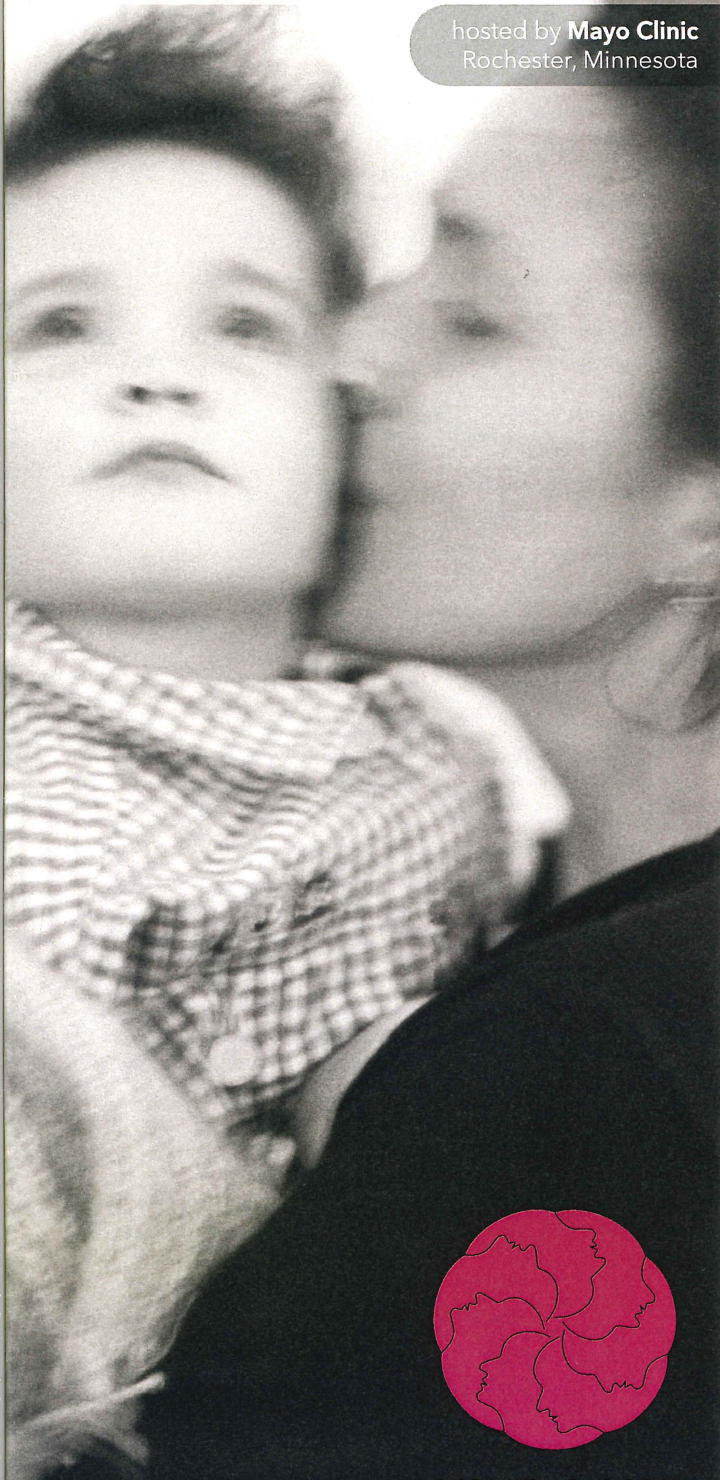


A Working Meeting with His Holiness the 14th Dalai Lama on

Ethics, Education, and Human Development

hosted by **Mayo Clinic**
Rochester, Minnesota



March 3, 2014

MIND & LIFE
INSTITUTE

Program Introduction

There has always been a deep commitment at Mind and Life toward understanding what an ethical life can and should mean in today's world. By becoming more aware of our deep interdependence and the need for mutual care, a proper foundation for ethics is possible—one that allows us to better address the global challenges we face. It is in this spirit that the Mind & Life Institute has embarked on its boldest endeavor yet: our Ethics, Education, and Human Development (EEHD) initiative. Inspired by His Holiness the Dalai Lama's call to design a curriculum and pedagogy in "secular ethics," we identified an important opportunity to join the growing movement of educators, scientists, and contemplatives engaged in this work.

EEHD encompasses three projects: Ethics and Education for Students and Teachers (EEST), the development of an online course in Ethics and Education for Young Adults (EEYA), and the Academy for Contemplative and Ethical Leadership (ACEL).

EEST, which will be featured today, aims to address the limited attention in our educational systems for cultivating care and compassion—what we might call the forgotten heart of education. Recognizing the extraordinary opportunity to both learn from and build upon the ongoing efforts of leaders and teachers in the field of social and emotional learning (SEL), contemplative education, moral and developmental psychology, and neuroscience, we formed an interdisciplinary team of experts to guide the direction of the initiative. Together, this group determined that Mind and Life could be of greatest benefit to the field in two key ways: 1) by developing an interdisciplinary curriculum and pedagogy for the cultivation of ethical sensitivity that has cross-cultural appeal and applicability, and 2) by establishing the Institute as a convener in the growing field of SEL and contemplative education.

This meeting affords us an opportunity to share the fruits of our planning year with His Holiness, the Mind and Life board of directors, and special guests. We will present a brief overview of efforts underway in this field, as well as the conceptual framework and program description for our new care-based curriculum and pedagogy, entitled *A Call to Care*. The program presents a model for enhancing ethical sensitivity through integrating the best practices from existing SEL and contemplative-based programs with a developmentally sensitive approach to nurturing our capacity for care. By developing our natural capacities for caring, we believe we can embed ethics deeply enough so that it animates all human interaction.

Presenter Biographies

Richard J. Davidson, PhD,


is the founder and chair of the Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison and the director of the Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin-Madison. He was educated at New York University and Harvard University, where he received his BA and PhD, respectively, in psychology. Over the course of his research career he has focused on the relationship between brain and emotion. He is currently the William James professor and Vilas research professor of psychology and psychiatry at the University of Wisconsin. He is co-author or editor of 13 books, including *Visions of Compassion: Western Scientists and Tibetan Buddhists Examine Human Nature* and *The Handbook of Affective Science*. He is the author (with Sharon Begley) of *The Emotional Life of Your Brain*, published by Penguin in 2012. Davidson has published more than 320 chapters and journal articles, and is the recipient of numerous awards for his work, including the Research Scientist Award from the National Institute of Mental Health, the Distinguished Scientific Contribution Award from the American Psychological Association, and election to the American Academy of Arts and Sciences. He has served on the board of directors for the Mind & Life Institute since 1992. In 2006, he was named one of the 100 most influential people in the world by *Time* magazine, and that same year he received the first Mani Bhaumik Award from UCLA for advances in the understanding of the brain and the conscious mind in healing. In 2011, he received the Paul D. MacLean Award for outstanding neuroscience research in psychosomatic medicine. He serves on the scientific advisory board at the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig and as chair of the psychology section of the American Association for the Advancement of Science.



Brooke Dodson-Lavelle is the senior program officer for the Mind & Life Institute's new Ethics, Education, and Human Development initiative. As part of this work, she leads an interdisciplinary team developing a care-based curriculum and pedagogy for students and teachers that promotes ethical sensitivity.

She is currently completing her PhD in the graduate division of religion at Emory University, where her work focuses on the confluence of Buddhist contemplative theory and cognitive science, as well as the cultural contexts that shape the transmission, reception, and secularization of Buddhist contemplative practices in America. Dodson-Lavelle was lead instructor for several studies examining the efficacy of Cognitively-Based Compassion Training (CBCT) at Emory University, and has helped to develop and adapt CBCT for schoolchildren as well as adolescents in Atlanta's foster care system. She served as the associate training director of the CBCT teacher training program, which she co-developed. Prior to attending Emory, she earned her bachelor's degree in religion and psychology at Barnard College and her master's degree in religion at Columbia University. While at Columbia, she worked as a research coordinator for the Columbia Integrative Medicine Program, where she developed and taught Mindfulness-Based Stress Reduction (MBSR) programs for a variety of clinical populations.

Presenter Biographies




Daniel Goleman, PhD, is a psychologist and science writer known for his worldwide best-seller *Emotional Intelligence*, published in 40 languages. He taught at Harvard University before becoming an editor and journalist, covering the brain and behavioral science for *The New York Times*. He is a cofounder of the Collaborative for Academic, Social, and Emotional Intelligence at the University of Illinois, codirector of the Consortium for Research on Emotional Intelligence in Organizations at Rutgers University, and board member of the Mind & Life Institute. He received his PhD in psychology from Harvard University. For two years he traveled in India studying Buddhist and other spiritual systems of psychology, the first year as a Harvard Traveling Fellow, the second as a research fellow of the Social Science Research Council. He is a fellow of the American Association for the Advancement of Science, and has received many awards for his writing. He is the author of numerous books, including *The Meditative Mind*, *Destructive Emotions*, *Leadership: The Power of Emotional Intelligence*, and most recently, *Focus: The Hidden Driver of Excellence*.



Diana Chapman Walsh, PhD,

president emerita of Wellesley College, is a member of the corporation and the executive committee of the Massachusetts Institute of Technology, and serves on the governing boards also of the Mind & Life Institute, the Broad Institute, the Kaiser Family Foundation, and the Institute for Healthcare Improvement. She is an elected member of the American Academy of Arts and Sciences, was a director of the State Street Corporation (1999-2007), and a trustee of Amherst College (1998-2010). Before leading Wellesley College (1993-2007), she was professor and chair of health and social behavior at the Harvard School of Public Health. Her tenure at Wellesley was marked by educational innovation, including a curricular revision and expanded programs in global education, the humanities, internships and service learning, interdisciplinary studies, and religious and spiritual life. President Walsh evolved a distinctive style of reflective leadership rooted in a network of resilient partnerships and anchored in the belief that trustworthy leadership starts from within.



Arthur Zajonc, PhD, president of the Mind & Life Institute, was professor of physics at Amherst College from 1978-2012. He has been visiting professor and research scientist at the École Normale Supérieure in Paris, the Max Planck Institute for Quantum Optics, and the Universities of Rochester and Hannover. He has been Fulbright professor at the University of Innsbruck in Austria. His research has included studies in electron-atom physics; parity violation in atoms; quantum optics; the experimental foundations of quantum physics; and the relationship between science, the humanities, and the contemplative traditions. While directing the Center for Contemplative Mind in Society, he fostered the use of contemplative practices in college and university classrooms. He continues to speak around the world on the importance of contemplative pedagogy.