

WELL-BEING WEEK

GSFE & The Faculty of Education Presents : The First Well-being Week

A Week of Events

Meditation Monday Jan 25:

Centering Energy Workshop:

Featuring Gareth, UBC Chaplain & Sh. Nurjan, Sufi Meditation Centre:
1:30-2:30pm, Lib Blk 278

Tea Tuesday Jan 26: Meet the

Dean Event: 11-12pm, Scarfe 310

Well-being Wednesday Jan 27th:

Expert Panel & Q&A: "What do graduate students in the FoE need to know to foster, enhance and protect their and others' well-being in graduate school?"

Featuring: Canada Research Chair, GSS, Ombuds Office, Wellness Ctr, G+PS: 1:30-2:45pm, 278 Lib Blk,

Thirsty Thursday Jan 28 :

Social & Dinner: 6-9pm, Scarfe 310

Fitness Friday Jan 29:

1) **Guided Walking Tour:** 1-1:45,
Meet in Scarfe Foyer by GSFE
2) **Butts 'n Guts Class** Basement
Student Lounge by UBC Student
Naseem: 2-3pm, Scarfe

For Grad Life

...Because grad life is amazing and so are its challenges. We know we need to focus on ourselves and our community so we can continue to build on our goals!



Focussing on Well-being

Let's start the upcoming semester, it with a bang! January 2016, the GSFE (Graduate Student Council of the Faculty of Education), the Faculty of Education and the Office of Graduate Programs and Research (OGPR) presents a week of events including workshops, socials and fitness sessions dedicated to set the tone to emphasize wellness of grad life of our grad students.

Receive a raffle ticket at each event for more chances to win the raffle prize!

There's nothing more important...

UBC's Wellbeing Initiative, states that UBC is committing to an internal cultural shift where wellbeing is a commitment, and where UBC is a healthier, happier, and more vibrant and socially connected place by 2025/[2035] (sustain.ubc.ca).



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Meditative Monday

Gareth Zen: The Zen Buddhist Chaplain at UBC, Gareth Sirotnik has practiced at the Zen Centre of Vancouver since 1999, and until last year served there as an ordained monk. He first encountered Zen when a student in the 1960s at Reed College, in Portland, Oregon, meeting the Rinzai Zen master Joshu Sasaki in Los Angeles. After immigrating to Canada in 1972, Gareth worked as a freelance writer and communications consultant.

Gareth will give an introduction to the Zen style of meditation, which cultivates the activity of being fully alive and engaged in the present.

Nurjan Muhammadi: As an expert in Classical Islamic spirituality, known as Sufism, Shaykh As-Sayed Nurjan Mirahmadi has become one of the most sought-after Sufi teachers in the world, with invitations to speak at universities and spiritual centers throughout the United States, Canada, Argentina, Peru, Malaysia, Indonesia, Singapore and Uzbekistan. He has established a strong international following through social media outlets like FaceBook- with over a quarter-million likes; and YouTube- with over 300 videos and 1 million views.

Since 2007, Shaykh Mirahmadi has been based in Vancouver, and is the founder of the Sufi Meditation Center, a non-profit organization dedicated to raising awareness of the Classical Islamic teachings of meditation and spiritual healing. He is also the Founder of the Fatima Zahra Helping Hand, a charity which distributes food and clothing to those in need throughout the Lower Mainland. He is the author of "The Healing Power of Sufi Meditation".

Description of Talk:

Sufi Meditation is a return to one's true and perfected self. It is the fastest and most direct method for spiritual progress. Sufi Meditation is the perfect method for the development of spiritual consciousness, the awakening of the heart, soul, and the mind's light—which lay otherwise dormant. Through Sufi Meditation, one may awaken to their true reality. In this way, Sufi Meditation may also be seen as synonymous with the more general practice of meditation that is so central to many of the Eastern spiritual traditions, the goal of which has always been the fusion of the individual back into the oneness of the Universal Reality.

Practice of Meditation

No experience necessary! Just come with an open heart :) The practice involves 5-10 minutes of deep breathing, relaxation, visualization and becoming in-tune with the heart.

Tea Tuesday

Dean Frank was appointed Dean of the Faculty of Education at The University of British Columbia for a five-year term, effective April 1, 2011. He earned his PhD from Dalhousie University (1990), MEd (1981), BEd (1976) and BA (1975) from Acadia University. A scholar and advocate for social justice and equity with over four decades working in education, Dr. Frank is an experienced educator and administrator who brings a strong commitment to excellence in research, teaching and academic leadership.

Prior to his current appointment, Dr. Frank was Professor and Head of the Division of Medical Education in the Faculty of Medicine at Dalhousie University in Halifax. Dr. Frank has an active research career and is a recognized expert in the field of gender studies with academic interests that include masculinity and the sociology of boys' and men's health.

Wellness Wednesday

CRC: Eli Puterman, Assistant Professor in UBC's School of Kinesiology, completed undergraduate degrees in Physiology (McGill University) and Psychology (Concordia University) in Montreal, Quebec, a Master of Arts degree in Clinical Psychology and PhD in Health Psychology at The University of British Columbia. After completing graduate studies, he moved to the University of California San Francisco for a postdoctoral fellowship in the Department of Psychiatry and transitioned to faculty at UCSF as an Assistant Professor in 2013. In July 2015, he was appointed as an Assistant Professor in UBC's School of Kinesiology in the Faculty of Education. At UBC, Dr. Puterman is developing and tailoring intervention trials, supplemented with laboratory-based stress manipulations and ambulatory psychological assessments, to examine the effects of habitual physical activity on immune cell health (i.e. telomere biology, mitochondria biogenesis), epigenetic alterations and protein synthesis, autonomic and neuroendocrine stress reactivity, and ecologically assessed affective and cognitive reactivity. His goal is to better understand and improve the health of British Columbians and Canadians experiencing high adversity who are most at risk for developing diseases of aging.

Shirley Nakata Ombudsperson for Students, Shirley was called to the B.C. Bar in 1989 after obtaining a Bachelor of Arts degree followed by her LL.B from the University of British Columbia. She practiced law at a major downtown law firm in Vancouver, BC before moving to the Canadian Human Rights Commission where she worked as a Human Rights Officer. From 1996 to 2009, she was the Director of Professional Conduct at the British Columbia College of Teachers, where she managed the conduct of investigations and hearings.

She has been a frequent presenter on administrative law and professional regulatory issues in a variety of venues. Shirley has been a board member of the B.C. Council of Administrative Tribunals and member of the Canadian Institute for the Administration of Justice. She has also served on the board of West Coast LEAF. In 2009 Shirley became the first Ombudsperson for Students at UBC and established the office on the Vancouver campus.

Presentation: Fairness is a Basic Human Need

The graduate student experience is a journey of discovery, not just in the academic sense but also personally. While pursuing knowledge in their chosen field, different challenges can arise due to the unique nature of graduate studies. A key to a healthy, respectful and supportive environment for graduate students is understanding how fairness, in process and substance, is critical to wellbeing.

Access & Diversity: Chandra Barbour

Access and Diversity provides leadership on issues of accessibility for people with disabilities at UBC Vancouver, working in partnership with faculties to foster inclusive learning, living and working environments for students, faculty and staff. Access and Diversity provides support and programming initiatives designed to remove barriers for students with disabilities and facilitates disability related accommodations for members of the UBC Vancouver community.

GSS: Enav Zusman VP Academic GSS

My name is Enav Zusman, I am currently doing a master's degree in Experimental Medicine, here at the University of British Columbia. A previous GSS councillor for my program since May 2014 and served as the chair of the Academic and External Affairs committee, in addition to involvement with other committees.

G+PS

Jacquelyn Brinkman, MSc (Biology). Manager, Graduate Pathways to Success Program, University of British Columbia, Graduate and Postdoctoral Studies. Jacqui works to improve the graduate student experience through professional development programming. She has managed postdoctoral and undergraduate programs in the Faculty of Medicine and was as a lab-based researcher both within academia and industry.

Jacqui will speak about her workshops and other G+PS initiatives!

[Thirsty Thursday](#)

Dinner, music performances and more!

Fitness Friday

Guided Walking Tour Around Campus with Natalya Balyasnovik is a third year doctoral student in the Department of Language and Literacy Education. After receiving a degree of Candidate of Sciences in Education from Herzen State Pedagogical University of Russia, she moved to Vancouver to pursue a PhD in TESL with a focus on intercultural communication and community-based ESL programs. Before joining the GSFE Council, she served as a Graduate Peer Advisor for LLED, during which time she was a member of the LLED working group on graduate student experience and co-chaired a graduate student conference. She strongly believes in interdisciplinary exchange and collaboration, which is why as a GSFE Council member, she will channel all of her energy and efforts in creating opportunities for graduate students to connect and work together, regardless of their departmental affiliation.

Butts and Guts Class: Naseem's passion of helping others attain their fitness goals by coaching them through a gradual lifestyle change has made her an outstanding trainer. Her persistence and patience has made her a client favourite. Join her for her fun filled class "Butts and guts", appropriate for all fitness levels. Please bring your own mats.

*******IMPORTANT:**

- 1) ALL EVENTS ARE FREE AND REFRESHMENTS OR A MEAL IS PROVIDED**
- 2) RECEIVE A RAFFLE TICKET AT EACH EVENT AND ENTER EACH TIME TO WIN THE RAFFLE PRIZE. ATTEND, MORE EVENTS FOR HIGHER CHANCES TO WIN**