



## Libraries

**TO:** Steering Committee of the Academic Assembly of Librarians (AAL)

**FROM:** Kristina De Voe, Librarian, Learning & Research Services  
Chair, Continuing Education Committee

**DATE:** May 8, 2018

**SUBJECT:** Continuing Education Committee Annual Report 2017-2018

The 2017-18 AAL Continuing Education Committee members included Jasmine Clark, Kristina De Voe (Chair), Richie Holland (ex-officio), Latanya Jenkins, Jill Luedke, and John Pyle.

The Committee focused on the theme of mindfulness and change management, organizing two events for library staff during the fiscal year:

- **Workplace Yoga & Mindfulness Meditation** - March 14, 2018  
Lois Hitt, a Certified Yoga Therapist and Founder of WellCore Group, who also teaches in the College of Public Health, led two hands-on sessions: one session on chair yoga techniques and one session on introductory mindfulness meditation. Both sessions included discussion and Q&A.
- **Reducing Stress through Mindfulness Meditation** - March 23, 2018  
Alexander deVaron, one of the leading teachers of stress management and mindfulness meditation in the Philadelphia area -- who also teaches music theory and composition in the Boyer College of Music and Dance -- discussed how working with thoughts, emotions, and feelings in the body can help reduce stress. The session included a short presentation and guided practice, followed by discussion.

According to survey comments and feedback, the programs were well received. Participants enjoyed receiving quick techniques that they could easily implement during the workday; in fact, several comments noted a desire for regularly scheduled, contemplative events. Perhaps this is something to explore further as we move into the new building.

The Committee had one formal meeting to brainstorm possible program ideas. The rest of the Continuing Education Committee's business was conducted via email correspondence. I would like to thank Jill for her tenacity and John for his resourcefulness.

Respectfully submitted,  
Kristina De Voe