

#HPMAUKConf Times

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HOW DO YOU GET THE MOST OUT OF ATTENDING A CONFERENCE?

I get the most out of attending conferences in a number of ways. For example I pay attention to my intentions and let go of any expectations. So I go with a broad purpose and an open mind. I also have a love of learning so I typically attend at least one breakout session on an unfamiliar topic. That way I am guaranteed to learn something new and most likely to meet new people.

WHAT ARE YOU ENJOYING READING/LISTENING TO AT THE MOMENT?

I often have more than one book on the go at any one time so right now there are four books I am dipping into. The compassionate instinct by Dacher Keltner, Jason Marsh and Jeremy Adam Smith is a interesting book on the science of human goodness. I am re-reading an old favourite by Tara Bennett-Goleman, the wife of Daniel Goleman, called Emotional Alchemy, that focuses on how to work with strong emotions. I mention Daniel Goleman because I have recently taken delivery of his and Richard Davidson's new book, the science of meditation; an up to date summary of what we know of the power of meditation for positive change. Friends often give me books as gifts and I confess they often sit on my bookshelf for sometime before I take the time to visit them. One such book that caught my eye most recently and has proven to a delight is the Dance by Oriah Mountain Dreamer; a wonderful metaphor of how to live bravely and find joy, balance and harmony.

WHO DO YOU FOLLOW ON TWITTER FOR PROFESSIONAL INSIGHT

In my daily life I check social media infrequently so I am more of a newsletter/journal reader myself. I do enjoy being stimulated by new ideas and insights that contribute to helping us build a better world. So here are a couple of my favourites.

@GreaterGoodSC - The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.

@brainpickings - Brain Pickings, created by Maria Popova is a cross-disciplinary LEGO treasure chest, full of pieces spanning art, science, psychology, design, philosophy, history, politics, anthropology, and more; pieces that enrich our mental pool of resources and empower combinatorial ideas that are stronger, smarter, richer, deeper and more impactful. Above all, it's about how these different disciplines illuminate one another to glean some insight, directly or indirectly, into that grand question of how to live, and how to live well.

TOP TIP FOR GOOD NETWORKING

At any event there is a before, during and after. What preparation can you do? Is there anyone specifically you want to meet? Anything you want to be sharing? During the event for me it is about finding the right balance between reconnecting with old friends and colleagues, meeting new people, speak to people in queues, introducing people to each other, and taking a break to pause. Afterwards. Follow-up conversations. Do some research. In my case, order a new book!

At 1.40pm on Day Two of the conference Byron will be talking about: **Compassionate conversations: building compassionate cultures through our everyday encounters**

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