

Mindfulness Meditations



Time= 3:00pm – 4:00pm

Max = unlimited

Min = 0

Garth Katto Smelser

Garth Katto Smelser is a mindfulness program manager and meditation teacher with a passion for cultivating personal and organizational wellness and resilience. He co-founded both Mindful NOAA and Mindful FED: first-of-their-kind federal mindfulness communities of practice. Garth has a rich and diverse background, having served as a US Naval Officer and federal leader in the US Forest Service and US Department of Commerce. Garth's meditation teaching journey began with the non-profit, Calmer Choice, helping bring mindfulness practices into grade schools, and Garth now serves on their board. Garth trained to be a certified meditation instructor with the Engaged Mindfulness Institute. From students to senior

executives, Garth has delivered hundreds of mindfulness trainings and presentations to tens of thousands around the United States and Canada. Currently a faculty chair at the Federal Executive Institute and Mindful FED program manager, Garth is using his expertise in mindfulness and leadership experience to help federal government reimagine workplace wellbeing.

Mindful FED: Wellbeing for a Flourishing Workforce

We will explore the burgeoning landscape of workplace mindfulness programming in federal government, including:

- Meditation's transformative benefits for personal wellness and resilience, employee performance, leadership development, and workplace culture change
- The business case for workplace wellness programming like mindfulness training
 - Mindful FED's inception and growth
 - Integrating communities of practice, like Mindful FED, into workplace culture to enhance employees' sense of belonging, morale, and trust.

This is an experiential seminar in that, in addition to sharing knowledge and dialogue, we'll practice meditation together. No experience required: newcomers and seasoned practitioners are welcome!