SESSION:
How to Thrive in Your Job
Discussion facilitators:

**Tomoko Kuta**  
The New Children’s Museum (San Diego), Deputy Museum Director

**Shelly Hanover**  
Children’s Discovery Museum (Normal, IL), Director of Museum Experiences and Engagement

**Kelley Fitzsimmons**  
Children’s Museum of Phoenix (Phoenix, AZ), Director of Education & Programs

**Scot Sedley**  
Stepping Stones Museum of Children, (Norwalk, CT) Director of Business Intelligence
Agenda

• Introductions (5 mins)
• Small group discussions
  • Brainstorming (10 mins)
  • Prioritizing crowd-sourced ideas (10 mins)
• Fishbowl discussion (30 mins)
  • Sharing challenges and potential solutions
• Resource Sharing (10 mins)
  • Mindfulness (Kelley Fitzsimmons)
• Wrap-up, follow-up suggestions? (10 mins)
What challenges are holding you back?
What solutions can you share and what resources are available?
Mindfulness

Harvard Health recommends these two common practices to increase your resilience to stress: deep belly breathing and affirmations. Use these tools anytime and anywhere you have a moment to be mindful!

Forbes has identified the following benefits of mindfulness:
• Reduces anxiety
• Reduces implicit age and rage bias
• May prevent and treat depression
• Increase body satisfaction
• Improves cognition

Mindfulness has been shown to enhance self-insight, morality, intuition and fear modulation, and functions associated with the brain's middle prefrontal lobe area. Evidence also suggests that mindfulness has numerous health benefits helping with pain, anxiety, depression, insomnia, and immune functioning.
Final sharing/Next steps...