DEVELOPING MINDFULNESS -

HOW DOES IT CONTRIBUTE TO MORE EFFECTIVE MANAGEMENT OF THE SELF AND CAREER?

Topic: Given the likelihood of persistent challenges with work and life balance, there is increasing research and industry focus on the importance of mindfulness.

Discussion: How can academics at all stages of their career develop mindfulness and how does it contribute to more effective management of the self and career in an increasingly demanding and stressful era?

Panel Presenter: Associate Professor Connie Zheng

Topic: Being Mindful and thriving as a researcher in the changing environment

Bio: Dr Connie Zheng (Ph.D.) is Associate Professor of human resource management (HRM) at UniSA Business and Co-Director of the Centre for Workplace Excellence, University of South Australia (UniSA). Her research interests cover areas relating to examining the cultural and institutional factors influencing HRM effectiveness on organisational performance, innovation, and employee wellbeing. Her work has been published in the top-tiered journals in the field of human resource management and organisational behaviour such as Journal of Vocational Behaviour; Human Resource Management Review and International Journal of Human Resource Management.

Panel Presenter: Dr Asanka Gunasekara

Topic: How do organisations achieve excellence through emotional intelligence, well-being, and mindfulness practices?

Bio: Asanka Gunasekara (Ph.D.) is a management academic with a passion for researching how organisations can achieve excellence through emotional intelligence, well-being, and mindfulness practices. Her research is focused on helping organisations to develop ethical, inclusive and supportive workplaces that allow employees to thrive. She also researches in the inclusion of skilled migrants in the workplace, as she believes diversity is a key driver of innovation and success. In her recent research, she has also explored the implications of technology on higher education. As technology continues to reshape our world, it is important for higher education institutions to adapt and evolve. She has conducted research on the impact of technology on teaching and learning, as well as the potential benefits and drawbacks of digital education.
Panel Presenter: Dr Jane Menzies

Topic: ‘Mindfulness’: The 4 day working week and being an academic


Panel Facilitator: Professor Susan Freeman

Bio: Susan Freeman (Ph.D.) was appointed Professor of International Business at University of South Australia Business School in 2015 and former Dean: Postgraduate and Professional Programs, University of South Australia, UniSA Business School (2015-2016). She was appointed Discipline Leader in International Business and Associate Director of the Australian Centre for Asian Business (ACAB) in 2016. She is a member of the Centre for Workplace Excellence, University of South Australia (UniSA). Her previous position was Associate Professor of International Business and Discipline Leader for International Business, Adelaide Business School, University of Adelaide (2010-2015). Formerly, Senior lecturer in the Department of Management and Lecturer in Department of Marketing at Monash University, Australia (1995-2019). She is Member of the Board of the Hong Kong Research Grants Council (2014-); Vice-President (2014-2020) of the Australia New Zealand International Business Association (ANZIBA) and Executive Board Member (2020-) Mentor for Early-Career-and-Mid-Career-Academics; and member of the Australian Institute of Company Directors (AICDs) (2014). Susan was appointed Associate-Editor of International Marketing Review (IMR) (2013); Rutgers Business Review (RBR) (2015); and Editorial Review Boards of Journal of Business Research (JBR) and Journal of International Entrepreneurship (JIE) (2015) and International Business Review (IBR) (2017). Susan was appointed by editors-in-chief and editorial boards because of her international research expertise across international marketing, business strategy and entrepreneurship,
sustainable and ethical business development, in emerging and transitional economies, especially in the Asian region; qualitative methodologies; and her active research status, and international research reputation.

**Time and date:** Thursday 12-1pm 26 October (Adelaide, South Austral, Australia)

**Zoom link:**

Join from a PC, Mac, iOS or Android:
https://unisa.zoom.us/j/83153608471?pwd=S05wL1I5UTJzQk5Cd2krT3JzODV4Zz09

**Password:** 920467

**Cost:** No cost

**Susan Freeman**

*Email: susan.freeman@unisa.edu.au – Seminar Facilitator and main contact person*

Connie Zheng [Email: Connie.Zheng@unisa.edu.au]

Asanka Gunasekara [Email: agunasekara@swin.edu.au]

Jane Menzies [Email: jmenzies@usc.edu.au]