Future-ready Educators Summer School

Singapore
22 – 24 June 2017
National University of Singapore
The CFG Future-ready Educators Summer School

Is an exciting platform for educators to come together to:

- Learn how to future-proof your teaching
- Gain an in-depth understanding of the science of human potential and future-ready skills
- Integrate these skills as an essential part of your students’ educational journey
- Connect with a community of educators who are passionate about life-long learning, cutting-edge teaching, and holistic education

**Who Should Attend?**

- Secondary to tertiary level educators
- Counsellors, psychologists, social workers
- School/education administrators
- Teachers-in-training
- Learning & Development specialists
- Anyone interested in personal development and unlocking human potential

**Why attend the CFG Future-ready Educators Summer School?**

As we are entering what has been coined the ‘fourth industrial revolution’ – the age of disruption and automation – major changes in our education systems are required to adequately prepare our students for an uncertain future (World Economics Forum report, 2016):

65% of children entering primary school now will end up working in jobs that don’t exist yet.

5.1 million jobs will be lost to the disruptive labour market over 2015 – 2020.
In order to stay relevant and ahead of these challenges, education needs to be more holistic to empower students beyond the essentials of domain expertise and technical skills.

Some of the necessary skills of the future include Emotional Intelligence (EQ), mindfulness, healthy mindsets, collaboration and social intelligence, and having a sense of purpose. Such skills generate greater awareness, resilience and ultimately more productive, happy and meaningful lives.

Educators who engage with their students utilising such skills demonstrate significantly improved social and emotional skills, attitudes, behaviours, and academic performance (Durlak, Weisberg, Dymnicki, Taylor, & Schellinger, 2011).

Many studies have shown that such holistic education creates a climate that is more conducive to learning and promotes developmental outcomes among students (Jennings, & Greenberg, 2009).

Social Emotional Learning has also become an integral part of the Ministry of Education’s Framework for 21st Century Competencies and Student Outcomes.

CFG Roots & Wings Programme

Roots & Wings is NUS’ ground-breaking programme aimed to equip our students with essential skills as mentioned above. Since its launch in January 2016, over 7,000 undergraduate students have participated in Roots & Wings. In steady state, the programme will be rolled out to 7,000 NUS freshmen per year as an essential part of the NUS education experience.

Roots & Wings provides students with practical techniques, skills and insights that are based on the latest findings in neuroscience, psychology, and leadership research, so that they may maximize their potential in their academic journey, career and personal life.

Our teaching methodologies are novel, highly experiential, and include reflective work, group discussions, blended learning, as well as traditional didactic teaching.
**What employers, thought leaders, and students are saying about Roots & Wings**

"We would love to have this kind of teaching for our employees; it’s absolutely grounded in the real world. This is fascinating.”

- Ben Elms, Regional Director, Northern Europe at Vodafone Global Enterprise

“The skills you learn in Roots & Wings are about social emotional capabilities that will make much more difference to your success and happiness than any other thing you will learn.”

- Dr Rick Hanson, Psychologist and New York Times best selling author

“What you learn to do in this programme with your mind - developing mindsight skills, which involves being more mindful, being more empathic, being more emotionally intelligent, being more socially intelligent, having resilience, having grit, having a growth mindset...building a strong and resilient mind is the vaccine that gives you the chance to be really strong and have a meaningful and connected life’

- Dr Dan Siegel, UCLA Professor of Psychiatry, Co-founder Mindsight Institute

“I was constantly distracted by things on the web, my phone and even random Youtube videos. Utilising the focusing skills that I learnt, I managed to take part in Career Talks and Hackathons more efficiently and became more receptive to what was being shared, as compared to my ‘zombie mode’ in the past where I would just be physically present but my mind would be elsewhere.”

- Arts & Social Sciences student
The compulsory foundational life skills programme, called Roots and Wings, aims to develop students’ personal and interpersonal skills that can help them thrive in an increasingly volatile and uncertain world.

SINGAPORE: Since the introduction of the National University of Singapore’s (NUS) Roots and Wings programme this year, about 1,000 first-year students have taken up seminars and interactive e-modules on subjects such as resilience, awareness, and stress-reducing techniques.

The aim of the compulsory foundational skills programme is to develop a

Channel News Asia, 1 Feb 2016

NUS freshmen hone career skills under new $10 million programme

SINGAPORE – Career skill programmes at most schools focus on interview and resume writing skills, and are mainly targeted at graduating students.

But at the National University of Singapore (NUS), more than 1,000 freshmen have started attending a series of pilot programmes that teach them how to cope with change and failure, and work themselves to recovery by building a personal brand through more effective techniques.

NUS is investing $10 million into these initiatives over the next three years.

The Straits Times, 1 Feb 2016

Roots & Wings Trailer Videos

Roots & Wings Trailer

Roots & Wings Closing Video
Chade-Meng Tan (Meng) is a Google pioneer, award-winning engineer, international bestselling author, thought leader and philanthropist.

Meng retired from Google as its Jolly Good Fellow at the age of 45, and now is Chairman of the Search Inside Yourself Leadership Institute, and Co-chair of One Billion Acts of Peace, which has been nominated eight times for the Nobel Peace Prize. He is also Adjunct Professor at the prestigious Lee Kuan Yew School of Public Policy in NUS.

At Google, Meng led the creation of a groundbreaking mindfulness-based emotional intelligence course called Search Inside Yourself. Search Inside Yourself is also the title of Meng’s first New York Times bestselling book. His most recent book is titled ‘Joy on Demand’. Meng hopes that his work will eventually contribute to world peace in a meaningful way.

Meng delivered a TED talk on compassion at the United Nations and spoke at the White House about the development of kindness. His personal motto is, “Life is too important to be taken seriously.”

Meng hopes to see every workplace in the world become a drinking fountain of happiness and enlightenment.
### CFG Future-ready Educators Summer School Faculty

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<th>Name</th>
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<tr>
<td>Crystal</td>
<td>Leads the Centre for Future-ready Graduates at the National University of Singapore, a think tank and careers centre which assists students in developing their fullest potential. A thought-provoking motivational speaker, entrepreneur, leader and expert in holistic education, Crystal has a diverse background spanning investment banking, start-ups, philanthropy and holistic education.</td>
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<td>Gregor</td>
<td>A German-born, Irish- and American-trained clinical psychologist who has worked with children, families and leaders for more than 15 years. He developed and taught the Mindful Psychology module at NUS and co-developed the Roots &amp; Wings Programme based on Social Emotional Learning, Neuroscience and Leadership research. Gregor is an expert on teaching methodologies, pedagogy, curriculum design, adult learning, executive coaching, and a highly sought after expert trainer.</td>
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<td>Jasbir</td>
<td>Enjoying working in an academic context with students and faculty. He brings years of experience working in Leadership Development to create mind-set shifts, behavioural change and lasting impact. Outside of the office, Jasbir is involved with pro-bono Leadership Development projects with minority communities seeking to develop their youth into successful professionals, leaders and entrepreneurs. Jasbir holds a Juris Doctor Law Degree as well as a Bachelor of Social Sciences (Psychology) from Singapore Management University.</td>
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<td>Caroline</td>
<td>Passionate about neuroscience and its contribution to learning &amp; development enhancing transformational personal behavioural change and in particular, its applicability and contribution to development of the next generation leaders. She is a frequent keynote speaker at international conferences. She also speaks at educational institutions on topics around enhancing human potential utilizing neuroscience research. Caroline holds a Post Graduate Degree in Neuroscience of Leadership, Middlesex University, and has earned an Executive Masters in the Neuroscience of Leadership.</td>
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<td>Judith</td>
<td>Enjoying working with individuals at various stages of their professional and personal lives. She has spent many years in education, administrative leadership and management and consulting. She has provided guidance and counselling to diverse student groups, faculty and other teams on developing effective communication and time management skills when faced with challenges in the workplace, classroom and clinical setting. Judith Francis holds a Master’s degree in Applied Counselling Psychology from New York University and a double Bachelor’s from Baruch College in Psychology and Corporate Communication.</td>
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Deepesh Faucheux, MA, CHT, has been a Mindfulness-based Somatic Psychotherapist in private practice, as well as in agency, academic and clinical settings for many years. Through his former role as a trainer in the Hakomi Method of Psychotherapy, he has acquired several decades of experience as a Mindfulness teacher and a trainer of counselors. He is presently adjunct professor at Naropa University, where he teaches Counseling Principles, the Psychology of Meditation, Transpersonal Psychology, and Professional Ethics to graduate students. His current passion is creating presentations and workshops on Contemplative Career Counseling.

Linda Faucheux is a licensed professional counselor specializing in Contemplative Career Counseling, counselor training and supervision, and executive coaching.

She is the Director of the Naropa University Career Center where she counsels students toward their full potential, teaches mindfulness meditation, supervises counseling psychology interns, and provides team building and leadership development for staff and faculty. In addition, she is passionate about mindfulness in the workplace and works as a personalized performance coach for BetterUp, a company that guides skill development and behavior change for employees who want to thrive. Linda has a Master’s degree in Contemplative Psychotherapy from Naropa University, North America’s leading institution of contemplative education.

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