

Dr. Cortland Dahl
Chief Contemplative Officer
Healthy Minds Innovations

Bio

Dr. Cortland Dahl is interested in exploring the interface between the body, mind and brain, and especially in the question of how various forms of meditation can help us cultivate positive qualities like mindfulness, compassion and resilience. His current work focuses on studying the psychological and neural mechanisms of different families of meditation practice. He is also the creator of the Healthy Minds program, a well-being training program that integrates insights from scientific research with a comprehensive path of contemplative training. He is the Chief Contemplative Officer at Healthy Minds Innovations and the Co-Founder and Executive Director of Tergar International, a global network of meditation groups and centers

Keynote Address on:

Can mental training actively influence our level of well-being?

Abstract

Can mental training actively influence our level of well-being? Research suggests that even small amounts of meditation can lead to important outcomes for our mental and physical health, as well as our success at work and in relationships. In this talk, Dr. Cortland Dahl will share a ground breaking scientific model that highlights four pillars of well-being — awareness, connection, insight, and purpose — as well as practical strategies for applying them in daily life.