

AUBURN SERVES



BROWN BAG LEARNING SERIES

Mindset & Mindfulness Retreat

Wednesday, November 30 • 11:30 a.m. - 1:00 p.m.

Location: Melton Student Center - Room 2225



Facilitators:

Olympian Reita Clanton, *Coordinator of Performance and Health Optimization, School of Kinesiology at Auburn University*
Ford Dyke, *Associate Clinical Professor, School of Kinesiology at Auburn University, Director of Mindfulness@Auburn*

Olympian Reita Clanton and Dr. Ford Dyke will introduce Mindfulness @ Auburn and the Pillars of Performance & Health® (Respiration | Hydration | Nutrition | Movement | Recovery) as the foundation of optimal performance, health, and well-being at Auburn University. Additionally, Olympian Clanton and Dr. Dyke will facilitate a 30-min Mindful Movement session for the participants.

Olympian Reita Clanton is the Coordinator of Performance and Health Optimization in the School of Kinesiology at Auburn University. Clanton teaches Mindfulness-Based Stress Reduction and co-facilitates Mindfulness @ Auburn. Notably, Clanton is a 1984 Team USA Olympian, 1997 inductee into the Auburn University Tiger Trail, and 2010 inductee into the Alabama Sports Hall of Fame.

Dr. Ford Dyke is an Associate Clinical Professor in the School of Kinesiology at Auburn University. He teaches courses in Pillars of Performance & Health, Motor Learning & Performance, and Performance-Based Psychology. As Director of Mindfulness @ Auburn, Dr. Dyke integrates components of his Professorship, Team USA Athlete career, and experience as a Performance Coach for the Auburn University Wheelchair Basketball Team. Among his accomplishments, he is the recipient of the 2019 Gerald & Emily Leischuck Outstanding Undergraduate Teaching Award, the 2022 College of Education Outstanding Young Alumni Award, and the 2022 Alumni Undergraduate Teaching Excellence Faculty Award.



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