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WC Mission: *The NAEA Women's Caucus exists to eradicate gender discrimination in all areas of art education, to support women art educators in their professional endeavors and to educate the general public about the contributions of women in the arts.*

The theme of our conference this year is leadership. Given the diversity and complexity of leading and learning environments today, art educator-leaders are faced with many challenges that result in stress in our lives. These challenges are a call for us to be responsive to self and to the communities we serve. ⁱ

Mindfulness-based programs and practices are becoming well-established practices within education.ⁱⁱ Jon Kabat-Zinn, a well-known mindfulness practitioner and researcher, explains that mindfulness, is a “moment-to-moment non-judgmental awareness, cultivated by paying attention in a specific way, that is, in the present moment...and open heartedly as possible.”ⁱⁱⁱ It is a non-secular approach to sitting, or walking meditation with a focus on being present and quieting the mind through breathing. All it requires is a seat, good posture, and you.

Even 5 or 10 minutes a day can help to lower stress, improve focus and reduce brain chatter.^{iv} The long-term impact of this practice has the potential to allow us to feel greater connectedness, kindness, and acceptance toward oneself and others while reducing the reactivity that often results in harmful consequences. To cultivate mindfulness at work, Janet Marturano, a leadership researcher and consultant, recommends taking a ‘purposeful pause’^v that allows us to focus and be present.^v

As art educators, how might we cultivate mindfulness in teaching, scholarship and leadership practice? A 5-10 minute mindful meditation is a practical and purposeful strategy for grounding us at the office, in the classroom, or at a conference. We can extend the benefits of our mindfulness to students and colleagues.

We can also embrace mindfulness in scholarship through honoring, acknowledging, and citing others in our research. We can extend mindfulness in leadership through patience, and being generous through mentoring students and colleagues.

Sylvia Boorstein in *Pay Attention for Goodness Sake* (2002)^{vi} asks: What does it mean to be generous? What do we truly need, and what can we give away? Who is around me that I can do something for? The upcoming NAEA conference offers a wonderful

opportunity to express generosity, mindfulness, and to express *gratitude* to others for their support and encouragement.

We look forward to seeing you at our Women's Caucus sessions and events that will no doubt challenge and extend our understandings of practice and honor individuals who are making a difference. Check the NAEA Conference schedule for listings.

SEEKING NOMINATIONS FOR WC BOARD ELECTED OFFICERS

The WC Board is seeking nominations of candidates for the positions of:

President-Elect. Any current WC member who is also currently an NAEA member, does not hold another WC position, and has been a member for at least two years.

This individual will assist the acting President for a two-year period (2016-18) beginning at the end of the 2016 Conference and assume the role of President at the end of the 2018 conference for a two-year term (2018-20).

Conference Coordinator: Any current WC member who is also currently an NAEA member, does not hold another WC position, and has been a member for at least two years.

This individual will coordinate the WC conference proposal submission reviews and create a WC conference session flyer and materials for distribution to members and at the conference.

Please review the eligibility criteria:

http://naeawc.net/2_Archive/Archive_By-laws/NAEAWC_Bylaws_2010.pdf

You may self-nominate, or nominate a colleague with their permission.

NOMINATIONS DUE BY: FEB 10, 2016. Results will be announced via the Listerv and at the NAEA WC Board meetings.

Email nomination (name and contact information for the nominee) to:

kleinsheri353@gmail.com jennifer.motter@gmail.com lhoeptne@kent.edu

When nominating a colleague, please include a statement that you have agreement from the nominee.

Bowing, with thanks...

As co-presidents, we extend our gratitude to our fabulous WC Board for all their work they accomplish throughout the year and especially as they prepare for the national conference. Thank you to all the WC session presenters who are taking the time to share their knowledge and insights.

After the completion of the 2016 conference, **Dr. Linda Hoeptner-Poling** will become the President of the Women's Caucus. It has been a wonderful opportunity to serve the Women's Caucus as co-presidents and we will continue to serve the Women's Caucus as past presidents.

Find us online....

WC Blog: <http://naeawcvoices.wordpress.com/>

WC Website: <http://naeawc.net/index.html>

WC Facebook: <http://www.facebook.com/groups/177480239379/>

WC Zotero: https://www.zotero.org/groups/naea_womens_caucus

ⁱ Kay, L. & Klein, S. R. (June 2015). Personal communication.

ⁱⁱ Mindfulness based programs have been embraced by health care and corporate sectors.

ⁱⁱⁱ Kabat-Zinn, J. (2005). *Coming To Our Senses: Healing ourselves and the world through mindfulness*. New York: Hyperion, p. 108.

^{iv} (October 2, 2015). 5 Reasons why everyone should meditate. *Mindful*
<http://www.mindful.org/5-reasons-why-everyone-should-meditate/>

^v Marturano, J. (March 12, 2015). Taking a pause to lead with excellence.
<http://www.mindful.org/whats-working-taking-a-pause-to-lead-with-excellence/>

^{vi} Boorstein, S. (2002). *Pay attention for goodness sake*. New York: Ballantine Books.