



# United and Present Global Solutions from Within

A Mindful Approach to Diplomacy, UN Work, and Beyond

**Conference Dates:** 9-11 December 2025

**Venues:**

- **9-10 December: Palais des Nations, Geneva**
  - Livestream: available on [UN TV](#).
- **11 December: University of Geneva Auditorium**
  - In-person attendance: [register here](#).

In an interconnected and rapidly evolving world, **supporting the well-being of those advancing human rights** - and the communities they serve - is **essential to building inclusive, resilient, and human-centred systems** that make human rights a **living reality in everyday life**. In line with the vision of [Human Rights: A Path for Solutions](#), this event affirms that meaningful and transformative change begins within individuals, institutions, and global efforts advancing justice, dignity, and sustainable solutions.

Anchored in the [UN System Mental Health and Well-Being Strategy](#), the UN Human Rights Mindfulness Initiative, and the landmark UN General Assembly Resolution on World Meditation Day (A/RES/79/137), **the event explores how contemplative practices - such as mindfulness - can strengthen diplomacy, human rights, and systems leadership**. It underscores that individual and collective well-being is not a luxury, but an **essential and attainable foundation for protection, inclusion, and shared progress**.

The event bridges **global dialogue with local leadership**, linking multilateral action with community-based knowledge, research, and practice.





# Conference Programme

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**9-10 December 2025**

**Room XVI, Palais des Nations, Geneva**

This **two-day convening** will bring together **Member State representatives, United Nations officials**, and other stakeholders to explore how **our shared humanity and inner awareness** can help place **human rights at the centre of multilateral action** - strengthening its effectiveness, resilience, and relevance as a path for solutions to today's global challenges.

**11 December 2025**

**Uni Dufour - 18h30-20h**

Open to the general public

**Prof. Jon Kabat-Zinn - Founder of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts** - will explore how mindfulness can sustain meaning, resilience and compassion in healthcare, education and society, helping individuals stay grounded and creative in times of global change.

He will reflect on Geneva's unique role as a crossroads of health, human rights and international cooperation, and how mindfulness can build bridges between personal awareness and collective responsibility.

**[Free - registration required here](#)**

**Simultaneous interpretation into French will be available**

## Morning Session, 10:00 - 13:00

### • 10:00 - 10:40 | Opening Remarks

Setting the tone for the conference, this session brings together UN leadership, Member States, and UN system representatives to reflect on the growing recognition of mental well-being as **an essential part of our collective capacity to build trust, empathy, and a sustainable future** together.

- Introductory words; Kim L. Taylor, Chief, Programme Support and Management Services, OHCHR (3 min)
- UN High Commissioner for Human Rights, Volker Türk (5 min)
- 3- 4 Ambassadors (3 min each)
- Video Message – Mr. Maris Sangiampongsa, Deputy Secretary-General, BGVJ, Former Minister for Foreign Affairs of the Kingdom of Thailand.
- Mark Van Ommeren, Head, Mental Health Unit, WHO (3 min)
- Ramesh Rajasingham, Director, Humanitarian Sector Division, OCHA (3 min)

### • 10:40 - 11:30 | Keynote Address by Jon Kabat-Zinn

“The Intersection of Mindfulness, UN Work, and Diplomacy”

### • 11:30 - 12:00 | Break **ADD MUSIC AICHA**

### • 12:00 - 13:00 | Panel Discussion: Cultivating Presence in Diplomacy and Multilateralism

#### **Presentation: Rhonda Magee (15 min)**

#### **Panelists:**

- Her Royal Highness Princess Noor bint Asem of Jordan, Founder of Moments (Conscious Education Platform)
- Terhi Bunders, Diplomat, Ministry for Foreign Affairs of Finland; Certified MBSR Teacher
- Chris Ruane, Co-Founder, Mindfulness Initiative Global Network; former UK Member of Parliament
- Professor Rhonda Magee, University of San Francisco; expert in mindfulness and social justice
- Senior Representative, Office of the High Commissioner for Human Rights (OHCHR)

**Moderator:** OHCHR

## Lunch Break and Experiential Practice Session, 13:00 - 15:00

- Mindfulness Practice led by Sister Dinh Nghiem (**Plum Village**, Thich Nhat Hanh Tradition) 14:00 - 14:40

## Afternoon Session, 15:00 - 18:00

- **15:00 - 16:30 | Panel Discussion: Cultivating Presence Across Institutions**

### Presentations:

- UN Human Rights Mindfulness Initiative (10 min)
- Mindfulness at the Geneva University Hospitals (HUG) (10 min)

### Panelists:

- Françoise Jermann, Clinical psychologist and psychotherapist, Geneva University Hospitals; Private Docent, University of Geneva
- Nenna Ndukwe-Hertz, Global Lead, UN System Mental Health and Well-Being Strategy
- Professor Christine Wamsler, Director, Lund University Centre for Sustainability Studies
- Sharon Hadley, Chief Executive Officer, Oxford Mindfulness Foundation (OMF)
- Paula Ramírez, Mindfulness and Trauma Specialist; International Trainer and Facilitator

**Moderator:** Guido Bondolfi Professor of Psychiatry, University of Geneva; Co-Founder, Mindfulness Programme, Geneva University Hospitals (HUG)

- **16:30 - 17:45 | Break and Experiential Practice Session**
    - Experiential Session 40-min.
  - **17:45 - 18:00 | Closing for Day 1**
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## Morning Session, 10:00 - 13:00

- **10:00 - 11:40 | Panel Discussion: Advancing World Meditation Day**

This dialogue celebrates meditation as an **everyday essential** for peace, reflection, and connection across traditions - reminding us that **human rights are lived and breathed** through our **shared humanity**.

### Opening remarks and musical interpretation of the UN General Assembly

#### Resolution on World Meditation Day (A/RES/79/137) (10 mins)

UN Music Club members: Dr. Luis De La Calle (flutes) and Mr. Michael Wiener (piano)

#### Presentations:

- **Meditation and Science: An Overview** - Professor Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford (15 mins)
- **World Meditation Day Resolution** - Dr. Myriam Oehri, OHCHR Consultant; Former Deputy Permanent Representative of Liechtenstein to the United Nations in New York (10 mins)

#### Panelists:

- Sister Chan Dinh Nghiem, Plum Village Buddhist Tradition
- Father Cyprian Consiglio, Camaldolese monk, musician and interfaith teacher (Vatican)
- Khenpo Tenpa Yungdrung, Abbot, Yungdrung Bon Tradition
- Chief Rabbi, Eric Ackerman, Geneva Jewish Community
- Swami Vedanishthananda ji, Spiritual Head and Director, Vedantic Centre Geneva.
- Aïcha Redouane, Singer and interpreter of Arabic Sufi poetry

**Moderator:** Professor Mark Williams (University of Oxford)

- **11:40 - 12:00 | Break**

- **12:00 - 12:30 | Experiential Practice Session (Facilitators TBD)**

- **12:30 - 13:00 | Closing Remarks & the Way Forward**

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• **18:30 - 20:00 | Public Lecture by Jon Kabat-Zinn “Mindfulness in a Changing World” at Uni Dufour (Geneva University)**

The event is jointly organized by:

- **Geneva University Hospitals (HUG)**, pioneers in integrating mindfulness into healthcare and committed to supporting doctors, nurses, and caregivers facing increasing demands.
- **UN Human Rights Office (OHCHR)**, placing **human rights and dignity at the heart of responses to global crises** and promoting them as a driver for solutions to these challenges.
- **University of Geneva (UNIGE)**, dedicated to research and education that connect science with society and empower future generations.

**Overall Conference Objectives**

- Highlight mindfulness and compassion as **everyday essentials** in human rights work, diplomacy, and public service
- Provide **practical, attainable tools** for presence, resilience, and shared well-being
- Position World Meditation Day as a global platform for **trust-building, empathy, and collective transformation**

**Organized by:**



In cooperation with:



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[www.trustformeditation.org](http://www.trustformeditation.org)

*This agenda remains indicative and may be adjusted closer to the event.*

