

The purpose of the Being Present session is to provide medical students with the skills to practice Mindful Medicine even in stressful situations. By the end of the session, students will be able to:

- 1) Be fully present in the moment with a patient, and be aware of what is happening around them
- 2) Listen attentively, hearing the patient's perspective
- 3) Share space with a patient in ways that are respectful and inclusive
- 4) Be in silence with a patient to allow thoughts and emotions to emerge
- 5) Share a conversation with a patient, rebalancing the power dynamic