OESIS Boston Wellness & SEL Keynotes
Oct. 8 and 9, 2020
The Impact of Sleep on Learning and Cognitive Function

Dr. Brent Bauer is the Founder (2001) and Director of the Mayo Clinic Complementary and Integrative Medicine Program. Its research focuses on the synergy of nutrition, activity, stress management and social support in promoting health and wellness, as well as on strategies not typically part of conventional medical care.

Dr. Brent Bauer
Director of Research, Complimentary and Integrated Medicine Program
Mayo Clinic (MN)

Building your Resilience Skills

Dr. Anjali Bhagra is a stress and resilience expert with keen research interest in gender-specific differences in wellness and resilience. Her research group is also studying the perceived need and implementation of mindfulness-based stress management plans in a wide variety of patients.

Dr. Anjali Bhagra
Director of Education
Mayo Clinic (MN)

Action Research on How Indoor Environments can improve Human Performance, Increase Resilience and Improve Well-Being

As managing director of the Well Living Lab, Barbara Spurrier provides leadership and strategic direction to the endeavor. In addition, she is senior vice president, at Delos. From 2008 to January 2016, Spurrier served as administrative director of Mayo Clinic Center for Innovation (CFI), responsible for building CFI from the ground up, with a mission to transform the delivery and experience of health and health care and advance a competency of innovation across Mayo Clinic.

Barbara Spurrier
Managing Director
Well Living Lab, a Mayo Clinic collaboration with Delos
**How Change Makers Unlock Emotions to Intensify Wellness**

Dr. Anabel Jensen is an author known for her work with curriculum utilizing emotional intelligence. A former director of the Nueva Learning Center, she became President of Six Seconds in 1997 and CEO of Synapse School in 2009. She currently is a Professor at Notre Dame De Namur University.

**Anabel Jensen**  
*President of Emotional Intelligence Network*  
*Six Seconds*

**Reshaping Schools for Student Wellness**

Sanje Ratnavale, President of the OESIS Network, has held senior administrative positions at independent schools including Associate Head of School at a K-12 school for seven years, High School Principal for three years and CFO for seven years. Sanje has taught Latin and History at the High and Middle School levels: his educational career spans both British (Windlesham House School in Sussex) and American independent schools (Marlborough School in LA and Sierra Canyon School in LA).

**Sanje Ratnavale**  
*President*  
*OESIS Network*

**Protecting Relationships in the Digital Age**

Dr. Catherine Steiner-Adair examines ways children learn and grow, and shows parents and educators how to reap the benefits of tech while reducing the risks it poses at every stage of child development.

**Dr. Catherine Steiner-Adair**  
*Psychologist & Author of The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*

**Existential Anxiety: The Roots of a Modern Anxiety Epidemic**

Rev. Tyler Montgomery oversees spiritual life, leads the chapel program, teaches Bible courses, and coordinates efforts to provide a healthy, holistic environment for the boys on campus at Woodberry Forest School (VA). He has deep experience with boarding schools, serving previously as a Spanish teacher, coach, and admission officer at Asheville School. Montgomery received a masters of divinity degree from Berkeley Divinity School at Yale. He has a bachelor's degree in political science from the University of Pennsylvania.

**Reverend Tyler Montgomery,**  
*Chaplain and Assistant Headmaster for Student Wholeness*  
*Woodberry Forest School (VA)*
Uncovering Secret Agents: They’re All Over Campus

Mike Cobb, a visionary, charismatic, results-oriented, school leader with a passion for helping students experience cognitive, social, and emotional growth while fostering a school environment that celebrates the joy of learning, serves as All Saints Episcopal School Head of School. He has demonstrated success as a classroom teacher, administrator, campus-wide program developer, international speaker, and admissions/enrollment leader. He will present with Jason Kern, an experienced educator with a demonstrated history of working in primary and secondary education.

Let’s Talk About Health in our Schools: A State of Complete Physical, Mental and Social Wellbeing

Colleen A. O’Boyle believes it is not enough to prepare students for high school and college, rather she has a deep responsibility to prepare students for a life of leadership and innovation. Since 2013, Colleen has risen through the ranks at La Jolla Country Day School as Academic Dean, MS Director and now Assistant HOS for Academics. Previously, she was a faculty member of High Tech High in San Diego and is a founding member and principal of the Da Vinci School in Los Angeles. She has taught English, history and literature, along with leading the learning labs and design components of Da Vinci Design.

Anxiety in the Classroom: Developing a Toolbox of Practical Interventions

Jenn Sciortino, Assistant Upper School Principal, and Lauren Gehman, Head of the Counseling Department, at Metairie Park Country Day School (LA) will share tools for supporting anxious students, so they can remain in the classroom and continue learning.