

**Invitation**  
**to the 4th International Scientific Event**  
**“SOCIAL INTERACTIONS:**  
**RETHINKING MODERN ISSUES”**

**SYMPOSIUM**

**Navigating Volatility with Mindfulness:**  
**From Individual Practices to Organizational**  
**Strategies**

**NOVEMBER 14, 2024**

**SYMPOSIUM PROGRAM**

Moderator: Dr. Mehmet Recai Uygur  
(SMK College of Applied Sciences, Lithuania)

**09.00-09.30** – Registration (SMK College of Applied Science, Kalvarijų str. 137E, Vilnius, Lithuania)

**09.30-09.40** – Opening Remarks (Gabija Skučaitė – SMK College of Applied Sciences, Lithuania, Co-Founder and Chancellor, Synergetica Group Founder and CEO, PhD candidate of ISM University of Management and Economics)

**09.40-14.50** – Work in panels

**09.40-11.00** – Panel 1. **Mindful Living: Nurturing Resilience in a Dynamic World**

Moderator: Dr. Inga Medžiūnienė, Dr. Aleksandra Batuchina  
(SMK College of Applied Sciences, Lithuania)

09.40-10.00 – Keynote 1. Dr. Roberto Volpe (National Research Council of Rome, Italy)

**Promotion of Healthy Choices in Nutrition and Physical Activity to Reduce Gender Differences**

10.00-10.20 – Keynote 2. Dr. Rasa Katilienė (ISM, ICF Lithuania President, PCC)

**Living and Leading Mindfully: Strategies for Easing Uncertainty**

10.20-11.00 – Panel discussion: **Mindful Living – Resilience in the Face of Challenges**

PhD candidate Robertas Pranevičius (Lithuanian University of Health Sciences, Hospital of Lithuanian University of Health Sciences Kaunas Clinics, Lithuania)  
Rron Lecaj (SMK College of Applied Sciences, Lithuania)  
Dr. Roberto Volpe (National Research Council of Rome, Italy)  
Dr. Rasa Katilienė (ISM, ICF Lithuania President, PCC)

**11.00-11.10** – Break

**11.10-12.50** – Panel 2. **Mindful Education: Nurturing Positive Learning Environments**

Moderator: Rron Lecaj (SMK College of Applied Sciences, Lithuania)

11.10-11.30 – Keynote 1. Dr. Lito E. Michalopoulou (Aristotle University of Thessaloniki, Greece)

**Navigating Diversity in Educational Contexts: Supporting Educators' Multicultural Competencies**

11.30-11.50 – Keynote 2. Dr. Kristine Użule (EKA University of Applied Sciences, Riga (Latvia))

**Fostering the Development of Intrapreneurial Competences of Staff as a Component of Organizational Competitive Advantage**

11.50-12.10 – Keynote 3. PhD candidate Brigita Miseliūnaitė (Kaunas University of Technology, Lithuania)

**How can Holistic Education Guide us through an Ever-changing World?**

12.10-12.50 – Panel discussion: **A Future-Oriented Perspective of Education with Multiple Pathways of Excellence**

Dr. Lito E. Michalopoulou (Aristotle University of Thessaloniki, Greece)

Dr. Kristine Użule (EKA University of Applied Sciences, Latvia)

Dr. Jevgenija Dehtjare (EKA University of Applied Sciences, Latvia)

Phd candidate Brigita Miseliūnaitė (Kaunas University of Technology, Lithuania)

**12.50-13.20** – Lunch

**13.20-14.40** – Panel 3. **Mindful Employment: Building Resilient Workplaces by Creating Meaningful and Caring Environments**

Moderator: Dr. Jūratė Čingienė (SMK College of Applied Sciences, Lithuania)

13.20-13.40 – Keynote 1. Dr. Joan Camilleri (University of Malta, Malta)

**Transitional Leadership: Supporting Letting Go, Building New Boundaries, Enhancing Resilience and Developing Beneficial Ways of Functioning**

13.40-14.00 – Keynote 2. Dr. Jūratė Čingienė (SMK College of Applied Sciences, Lithuania)

**Navigating Work-Nonwork Boundaries in Professional Service Firms**

14.00-14.40 – Panel discussion: **Building Meaningful Workplaces**

Prof. Dr. Angelina Taneva-Veshoska (the Institute for Research in Environment, Civil Engineering and Energy – IECE, North Macedonia).

Dr. Joan Camilleri (University of Malta, Malta)

Dr. Lito E. Michalopoulou (Aristotle University of Thessaloniki, Greece)

Rita Karabanovienė (SMK College of Applied Sciences, Lithuania)

**13.20-14.40** – Panel 4. Student Conference Section: **Meaningful Use of AI Tools in Studies'**

Moderator: Eglė Kesminė (SMK College of Applied Sciences, Lithuania)

**14.40-14.50** – Memorandum. Final Word of Symposium

Moderator: Dr. Mehmet Recai Uygur

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