

Lela Mosemghvdlishvili, Ph.D.



l.moemghvdlishvili@uva.nl

work mobile: (+31) 6 100 94634

Derde Hugo de Grootstraat 29 HS

1052LK, Amsterdam, The Netherlands

Linked In profile: <https://www.linkedin.com/in/lelamose/>

EXPERTISE AND INTERESTS

- Innovation in education
- Contemplative and whole-student-centered pedagogy
- Ethical use of technology in teaching
- Interdisciplinary curriculum design

SHORT BIO

Dr. L. (Lela) Mosemghvdlishvili (they/she) is a contemplative teacher working on the intersections of innovation, wisdom traditions, and embodied practices. Lela received a doctoral degree from the Erasmus University Rotterdam for the manuscript "Politics of Mobile Code." Their research background is in Critical Studies of Technology. Lela has 15 years of experience teaching undergraduate students and is committed to bringing novel pedagogical methods to support meaningful and fulfilling education. They have received a number of educational grants, among them TLC's Educational Research Fellowship and FRIS grant. With the advent and use of GenAI chatbots, Lela expanded their interest in integrating novel technologies in whole-student-centered and holistic pedagogy and is committed to finding a balance between deep (and slow-phased) learning with technologically supported learning. A notable part of Lela's life is devoted to the ongoing study and practice of wisdom traditions, meditation, and regular silent retreats for introspection. These modalities are vital sources of insight and understanding to them. Lela is also an authorized meditation teacher.

(in Dutch)

Dr. L. (Lela) Mosemghvdlishvili is een contemplatieve leraar die werkt op het snijvlak van innovatie, wijsheidstradities en ervaringsgericht leren. Lela behaalde een doctoraat aan de Erasmus Universiteit Rotterdam voor het manuscript "Politics of Mobile Code." Hun onderzoeksachtergrond ligt in de kritische studies van technologie. Lela heeft 15 jaar ervaring met het lesgeven aan bachelor studenten en zet zich in voor het introduceren van nieuwe pedagogische methoden om zinvol en vervullend onderwijs te ondersteunen. Lela heeft een aantal onderwijsbeurzen ontvangen, waaronder de Educational Research Fellowship van TLC en de FRIS-beurs. Met de komst en het gebruik van GenAI-chatbots heeft Lela hun interesse uitgebreid in het integreren van nieuwe technologieën in op de „whole-student“ gerichte en holistische pedagogiek en zet zich in om een balans te vinden tussen diep (en langzaam) leren en technologisch versneld leermogelijkheden. Een opmerkelijk deel van Lela's leven is gewijd aan de voortdurende studie en praktijk van wijsheidstradities, meditatie en regelmatige stille retraites voor introspectie. Deze modaliteiten zijn vitale bronnen van inzicht en begrip voor hen. Lela is ook een geautoriseerde meditatieleraar.

ACADEMIC DEGREES

Doctoral Degree (Ph.D.) in Communication Studies Faculty of History, Culture, and Communication,
Erasmus University Rotterdam, The Netherlands (2021)

Master of Science (MSc) in Communication Studies (*cum laude*) Institute of Social Sciences and
Humanities, University of Amsterdam, The Netherlands (2007-2008)

Bachelor (B.A.) in Journalism (*cum laude*) Faculty of Social and Political Sciences, Ivane Javakhishvili
Tbilisi State University, Georgia (2000-2004)

WORK EXPERIENCE

COMMITTEE CHAIR

Chairperson of Special Interest Group Educational Use of AI
Committee Chair of Thematic grant trajectory of TLC Responsible Use of AI 2023 – ongoing

COURSE DESIGNER AND COORDINATOR

Academic Skills Coordinator, Course Coordinator, and Lecturer 2018 – ongoing
Interdisciplinary honors program PPLE, University of Amsterdam

(part-time tenured position)

- coordinating academic skills across the program
- designing course(s), learning activities, assessment forms
- coordinating and teaching two mandatory courses for 2nd and 3rd-year students
- supervising a team of tutors
- mentoring students.

EDUCATION RESEARCH

Education Research Fellow 2021 – 2023
University of Amsterdam

- carried out practice-based educational research in interfaculty fellowship.
- developed a professionalization course for experienced teachers in designing contemplative learning activities in university classrooms.

TUTORING AND MENTORING

BA thesis supervisor 2017 -2018
Erasmus University Rotterdam

- teaching bachelor thesis class at the Arts and Culture department of Erasmus
School of History, Culture, and Communication

Tutor 2010-2016
Erasmus University Rotterdam

- teaching various mandatory and elective courses at the International Bachelor's program in Communication and Media (IBCoM)
- developing and teaching elective course "Questioning technology from iPhones to Google glasses"
- supervised MA thesis projects

ADMINISTRATIVE ROLES IN EDUCATION

Administrative Assistant SocioNext: social entrepreneurship for refugees, Amsterdam	2016-2017
Administrative Assistant to Director Caucasian Institute of Photography and New Media, Tbilisi, Georgia	2004-2005

OTHER WORK EXPERIENCE

Learning Facilitator Psychedelic Practitioner Program Synthesis Institute (ONLINE)	2022 – present
<ul style="list-style-type: none"> ◦ Teaching online one-year Psychedelic Practitioner Digital Program ◦ Developing transformative learning tools and methods to engage learners. 	

GRANTS RECEIVED

Fair, Resilient & Inclusive Societies (FRIS) Institute for Interdisciplinary Studies (IIS) <i>Project: Cultivating resilience</i> <ul style="list-style-type: none"> ◦ exploring best practices for supporting students to engage in emotionally unraveling topics (e.g., climate change) ◦ interviewing teachers ◦ designing learning activities to support students' resilience. 	Oct. 2022
Education Innovation Grant 2021 University of Amsterdam <i>Project: Knowledge sharing among interdisciplinary students</i> <ul style="list-style-type: none"> ◦ identifying core skills and competencies needed for interdisciplinary knowledge sharing. ◦ reviewing best practices that support knowledge sharing in interdisciplinary teams. ◦ designing pedagogical material for teachers 	May
Grant for developing interdisciplinary education Institute for Interdisciplinary Studies (IIS) <i>Project: Project-based integrative education</i> <ul style="list-style-type: none"> ◦ designed learning activities and assessment forms for cultivating students' metacognitive skills ◦ designed student-led in-class discussion format based on Socratic questioning. 	June 2019

INVITED TALKS AND WORKSHOPS

- Trauma-Informed Facilitation with Léla Mosemghvdlishvili and Chris Luard**, Invited guest lecture, for online Psychedelic Practitioner Program, Synthesis Institute, April 20, 2023
- Fearless Compassion: Transforming Shadow Into Wisdom**, Invited guest lecture, Psychedelic Practitioner Program, Synthesis Institute, January 10, 2023
- Designing contemplative learning activities for higher education**, online workshop, Network of Contemplative Pedagogy, March 9, 2023
- From empathy to compassion**, invited talk at honors course: Reimagining Equality as Academic Citizens, University of Amsterdam, November 24, 2022
- Communal Reading: a powerful pedagogical tool for connection**, Education Day, University of Amsterdam, October 6, 2022
- Authenticity in Learning: how to teach reflection**, Amsterdam Law Practice, February 24, 2022
- Mindfulness in Academic Education** Teaching and Learning Center of Amsterdam Law School (TLC-FdR), February 9, 2022
- A Quest Towards Contemplative Pedagogy**, talk at TEDxUvA, Theater Bellevue, November 15, 2021
- Contemplative Practices for Meaningful Education**, Education Day, University of Amsterdam, October 8, 2021

PUBLICATIONS

Peer-Reviewed Articles

- Mosemghvdlishvili, L. (2022) under review" Teaching from heart: design principles of Contemplative Pedagogy"
- Mosemghvdlishvili, L., & Jansz, J. (2012). Framing and praising Allah on YouTube: Exploring user-created videos about Islam and the motivations for producing them. *New Media & Society*. doi: [10.1177/1461444812457326](https://doi.org/10.1177/1461444812457326)

Book chapters

- Mosemghvdlishvili, L. (2023) Nurturing and transforming the shadow: From burnout to resilience (accepted for publication) in *Showing Up in Our Fullness: Contemplative Practitioners in Higher Education* (eds.)
- Mosemghvdlishvili, L. (2015). [Mobile Internet: Politics of Mobile Code and Networks](#). In A. Bechmann & S. Lomborg (Eds.), *The Ubiquitous Internet: User and Industry Perspectives* (Routledge Studies in New Media and Cyberculture) (pp. 171-184). New York: Routledge

Doctoral thesis

- L. Mosemghvdlishvili (2021, February 25). [The Politics of Mobile Code: Exploring Possibilities and Limitations of the Programmability of Smartphones](#). Supervisors: Prof. Dr. J.(Jeroen) Jansz & Prof. Dr. P.(Payal) Arora.

PRESENTATIONS

- Design Principles of Contemplative Pedagogy**. Mind and Life Europe Summer Research Institute (ESRI 2022) August 22-26, 2022, at the Lama Tzong Khapa Institute in Pomaia, Italy

Becoming the 'other': how to cultivate empathy in the classroom [*Performance presentation*]
 Association of Interdisciplinary Studies (AIS) conference 2019, October 24-26, 2019,
 Amsterdam, the Netherlands

ORGANIZATION OF SCIENTIFIC CONFERENCES

Head of Program Team for the Interdisciplinary Conference in Psychedelics Research (ICPR)
 OPEN Foundation, 13-18 September 2020, the Netherlands

Co-organizer of ERMeCC & NeFCA Symposium: Surveillance, Big Data, and Digital Rights
 Erasmus University Rotterdam 24-25 March 2015, the Netherlands

LICENSES AND CERTIFICATES

Yoga Therapy Teacher certification issued by Asana Andiaappan College of Yoga and Research Center, May 2022

Meditation and Pranayama Teacher certification issued by Asana Andiaappan College of Yoga and Research Center, November 2021

Feeding Your Demons® Authorized Group Facilitator Issued by Tara Mandala International Buddhist Community & Retreat Center, May 2022

Feeding Your Demons® Authorized Facilitator Issued by Tara Mandala International Buddhist Community & Retreat Center, March 2021

BKO Basiskwalificatie Onderwijs, University Teaching Qualification, Issued by Free University Amsterdam, May 2020

PROFESSIONAL ASSOCIATIONS

Association of Interdisciplinary Studies (AIS)	2019-2021
Contemplative Mind in the Society (CMIND)	2021- 2022
Mind and Life Institute Europe (MLI)	2022 - present

VOLUNTEERING

Teaching Assistant Tara Mandala Buddhist Center, Feeding Your Demons Course	2023 - ongoing
Board member Amsterdam Psychedelic Research Association (Free University)	2017- 2022
Secretary Student Meditation Association (University of Amsterdam)	2022 – 2023

LANGUAGE SKILLS

English – Fluent
Dutch – Intermediate
Russian – Intermediate
Georgian – Native
Classical Tibetan – Beginner