Mindfulness is a new professional learning opportunity designed to support you in the challenging and important work of classroom teaching. The work is hard, the obstacles many, but the opportunities to find the meaning and energy to re-ignite your teaching life are within you. Join us on this exciting journey to becoming the person and teacher you really want to be.

The purpose of this series is to engage teachers in an exploration of mindfulness practices and how they can lead to a rewarding and sustainable teaching life and enhanced student learning.

TOPICS COVERED

- The primacy of teachers’ social/emotional health in the SEL movement
- Causes of teaching being one of the most stressful occupations in the U.S.
- Implications of Brain Plasticity research on teacher growth and change
- Diverse approaches to Mindfulness Practice Self-management practices to enhance professional dialogue and reduce workplace conflict
- The role of Values Clarification and Affirmation in teacher well-being
- The power of Intentions in the personal change process
- Compassionate Practices to promote student learning
- Practices to support Self-Compassion
- How to build learning communities grounded in Mindful Practice

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