

MINDFUL EDUCATOR WORKSHOP OPTIONS

The Mindful Educator ½ day workshop:

Building Resilience through Basic Mindfulness Practices for Educators

- Building Resilient Educators
 - Essential Mindfulness Practices for Self-Care and Burnout Prevention
- (1/2 day cost: \$1600 for two facilitators and materials, does not include travel expenses)

The Mindful Educator 1 day workshop:

Building Resilience through Extended Mindfulness Practices for Educators

- Building Resilient Educators
 - Essential Mindfulness Practices for Self-Care and Burnout Prevention
 - Mindfulness and Calming the Brain
 - Mindfulness and Building the Growth Mindset in Educators
 - Mindfulness and Long-Term Well-Being for Educators
- (1 day cost: \$3200 for two facilitators and materials, does not include travel expenses)

The Mindful Educator 2 day workshop:

Building Resilience through Extended Mindfulness Practices for Educators and Implementing of Mindfulness Strategies with Students

Day One: Mindfulness and Education and Self-Care for Educators

- Building Resilient Educators
- Essential Mindfulness Practices for Self-Care and Burnout Prevention
- Mindfulness and Calming the Brain
- Mindfulness and Building the Growth Mindset in Educators
- Mindfulness and Long-Term Well-Being for Educators

Day Two: Mindfulness Practices with Students

- Mindfulness and Building the Growth Mindset for Students
 - Mindfulness and Student Academic and Behavioral Outcomes
 - Integrating Mindfulness Practices Effectively with Students
- (2 day cost: \$5800 for two facilitators and materials, does not include travel expenses)

MINDFUL LEADER WORKSHOP OPTIONS

Mindful Leadership Workshop (2-day)

In Advance

-Complete Myers-Briggs and Mindfulness Inventories for Mindful Leaders Assessment

MBTI® Step II (Form Q)

Mindfulness Inventory

FIRO-B® (optional)

Day One: Leadership and Communication Styles Exploration

- Mindful leader practices of focus, clarity, creativity, and compassion
- Results and team profile
- Creative problem solving through appreciative inquiry for diverse leaders

Day Two: Mindful Goal-Setting with Intention

- Working with mindfulness practices for self-efficacy as individuals and team
- Goal-setting for teams and organization based on core values identified

Follow-Up: Individual Consultations

-Each team member has a free 30 minute follow-up consultation with trainers related to leadership style and implementation of mindfulness-based practices and goals.

Concepts defined and discovered through practice throughout the Mindful Leadership Workshop experience:

- personality and leadership style preferences
- mindful leadership
- goal-setting with mindful intention
- neuroplasticity and brain-based learning and leadership
- creative problem-solving through appreciative inquiry

(cost: \$7000 for two facilitators and includes materials, does not include travel expenses)

DIRECT INTERVENTION MINDFULNESS GROUP OPTIONS



Mindfulness Sessions for Groups (6, 1-hour sessions, tailored to group needs)

Session One: Body/Mind/Spirit Connection

- Neuroscience and the impact of mindfulness practices on our brains and bodies and overall well-being
- Practice of mindful breathing and breath as anchor

Session Two: Mindfulness and Emotions

- Recognizing self as observer and as participant
- Emotional regulations strategies
- Progressive muscle relaxation and body scan practice

Session Three: Mindfulness and Thoughts

- ABC pattern
- Awareness and shifting of unconscious thought processes
- Acting in opposite

Session Four: Cultivating Gratitude

- Gratitude: an art and science
- Accepting the life you have while learning empowering strategies to make wanted changes
- Metta as a way of wishing well for self and others

Session Five: Mindfulness Self-Care

- Recognizing automatic and unconscious patterns
- Caring for self as an aspect of service for others
- Peaceful strategies for sustaining well-being

Session Six: Visualization for Forward Movement

- Meditation practice with body, thought and emotion awareness
- Intentional goal-setting for personal wellness
- Mindful movement practices

(cost: \$4000 for two facilitators and includes materials, does not include travel expenses)