



# MINDFUL PRACTICES

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## *for Teachers and Students*

**NOVEMBER 14, 2016**

Registration: 8:00 am–8:30 am

Workshop: 8:30 am–3:30 pm

CESA #4

923 East Garland Street

West Salem, WI 54669

Contact: Carol Zabel

CESA #10

(715) 720-2145

[czabel@cesa10.org](mailto:czabel@cesa10.org)

**PRESENTER: Greg Lovell**

Greg is in his 11th year at Holmen Middle School. He is a former classroom teacher and current behavioral interventionist specializing in social-emotional learning and mindfulness. In addition to his own meditation practice, he teaches mindfulness to children and adults in a variety of settings.

**TARGET AUDIENCE:**

PreK-12 educators, school counselors, social workers, special education teachers, and school psychologists

**SIGN UP NOW!**

Limit of 30 participants

Educators and students alike face many daily challenges, with increasing demands on our time, attention, and health. An environment conducive to student learning starts with educator self-care and the cultivation of mindful presence in educational practice. Mindfulness is a research-based approach for improving attention, self-regulation, mood, and interpersonal relationships. Participants in this workshop will learn and practice several mindfulness strategies for personal, small group, and classroom use to support a mindful learning climate.

**By the conclusion of the workshop, participants will:**

- Demonstrate understanding of the research-based benefits of mindfulness practice related to health, well-being, and education
- Practice mindful approaches for educator and student well-being
- Develop a plan for maintaining a personal mindfulness practice
- Develop a plan to integrate mindfulness-based practices in the school setting
- Be able to use a variety of mindfulness practices personally

Register Online: <http://login.myquickreg.com/register/event/event.cfm?eventid=16487>

Registration Questions: Mary Devine (608) 786-4800; [mdevine@cesa4.org](mailto:mdevine@cesa4.org)

Cost: \$120/per person (Lunch and snacks provided)

Payable to: CESA #4

Send Payment to: CESA #4; ATTN: Mary Devine, 923 East Garland Street, West Salem, WI 54669

**PLEASE include and clearly define:** Participant name, exact name of workshop, and date, with all checks or purchase orders. Thank you!

