



Continuing the Practice of Educating Mindfully:

A Day of Mindful Practice and Collaboration



Healthy educators are at the foundation of a healthy classroom. Research demonstrates that mindfulness practice can support teacher well-being, and in turn, a healthy classroom climate. This workshop offers an opportunity to come together with other educators implementing mindful practices into their personal and professional lives. Participants will engage in mindfulness practice and collaborate with others to support mindful awareness both in and out of the classroom. It is through practice that we support mindful awareness in ourselves and our students.

DATES/TIMES/LOCATIONS

Registration: 8:00 am—8:30 am
Workshop: 8:30 am—3:30 pm

■ January 27, 2017

CESA #9
304 Kaphaem Road; PO Box 449
Tomahawk, WI 54487

Workshop Contact:

Lynn Verage, CESA #9
(715) 453-2141; lverage@cesa9.org

■ February 15, 2017

CESA #6 Conference Center
2300 State Road 44, Oshkosh, WI 54904

Workshop Contact:

Jackie Schoening, CESA #6
(920) 236-0515; jschoening@cesa6.org

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

Registration Questions:

Mary Devine (608) 786-4800;
mdevine@cesa4.org

Payable to: CESA #4

Send Payment to:

CESA #4; ATTN: Mary Devine
923 East Garland St., 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!

Workshop Goals:

- Demonstrate an understanding of the research-based benefits of mindful practice for educators
- Engage in various mindful practices to support educator well-being
- Collaborate with other educators to support and enhance current mindfulness-based educational practices

Prerequisite:

It is assumed that those participating will have either taken the previous workshop or have an established personal mindfulness practice that they integrate into teaching.

Presenter:

Ann Brand is an Associate Lecturer in the School of Education at the University of Wisconsin-Stout and the Program Specialist for Mindfulness with Arts Integration Menomonie. She holds a doctorate in psychology from the University of North Carolina-Chapel Hill with an emphasis on child development and families. Ann teaches classes on the psychology of learning, life-span development, and mindfulness. Ann also works with educators through professional development opportunities in bringing mindfulness into their personal and professional lives. She is an accredited mindfulness teacher through The Mindfulness Institute.

Register Online:

Tomahawk (January 27):

<http://login.myquickreg.com/register/event/event.cfm?eventid=17174>

Oshkosh (February 15):

<http://login.myquickreg.com/register/event/event.cfm?eventid=17175>