



DATES, TIMES and LOCATIONS:

■ **OCTOBER 19, 2016**

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

CESA #8
223 W. Park Street
Gillett, WI 54124

Contact: Christine Kleiman
CESA #7
(920) 617-5645
ckleiman@cesa7.org

■ **DECEMBER 15, 2016**

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

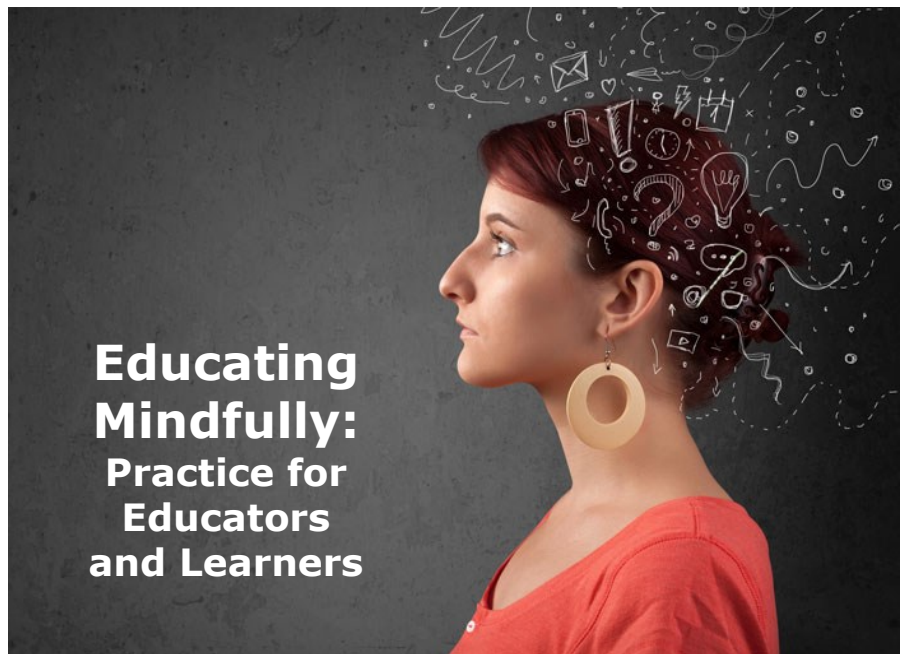
CESA #3
1300 Industrial Drive
Fennimore, WI 53809

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

SIGN UP NOW!
Limit of 30 participants
per workshop

PARTICIPANTS:

- PreK-12 educators
- School Counselors
- Social Workers
- Special Education Teachers
- School Psychologists



Educating Mindfully: Practice for Educators and Learners

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

Registration Questions:

Mary Devine (608) 786-4800; mdevine@cesa4.k12.wi.us

Register Online:

Gillett:

<http://login.myquickreg.com/register/event/event.cfm?eventid=16129>

Fennimore:

<http://login.myquickreg.com/register/event/event.cfm?eventid=16130>

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!