

Meditation and other Mindfulness Strategies for Educators

Presenter: Debra Biechler, Adjunct Faculty - Viterbo University

This workshop includes an introduction to Mindfulness and strategies for educators to use in the classroom using the Growing Minds curriculum. Researched benefits of mindfulness-based education techniques will be studied, as well as ways to share these strategies with parents.

Who should attend?

Regular and special educators grades PreK - 3, school counselors, school social workers, school psychologists, school leadership teams, and school building leaders

Workshop Objectives

- Gain an understanding of Mindfulness-based education and its researched benefits.
- Learn practical applications/techniques for using mindfulness-based strategies with students.
- Learn practical applications/techniques for educating parents about mindfulness-based education.
- Practice mindfulness-based techniques and teaching methodology.

Registration fee each session: CESA 5 Safe and Healthy Schools Network members: \$75;
CESA 5 School Improvement Consortium Members: \$150; All Others: \$200

4th - 12th Grade Educators

Monday, May 13, 2019

8:30am-3:00pm

To Register: <http://bit.ly/2lrgr75MQR>

Pre-K - 3rd Grade Educators

Tuesday, July 9, 2019

8:30am-3:00pm

To Register: <http://bit.ly/2UIQMOJMQR>

Both events held at CESA 5, Portage

