

# 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 strategies with parents.

## Who should attend?

Regular and special educators, 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 application/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 3 Safe and Healthy Schools members--\$75  
Other CESA 3 School Improvement Consortium Members--\$125 All others--\$200

### Pre-K – 3<sup>rd</sup> Grade Educators

Tuesday, July 30, 2019

8:30am – 3:00pm

To Register: <https://cutt.ly/ttTYrQ>

### 4<sup>th</sup> – 12<sup>th</sup> Grade Educators

Wednesday, July 31, 2019

8:30am – 3:00pm

To Register: <https://cutt.ly/ltTYgf>



Both events held at CESA 3, Fennimore