



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, 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.
- Explore strategies to educate parents about mindfulness-based education.
- Practice mindfulness-based techniques and teaching methodology.
- Explore age appropriate support materials.

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

Thursday, November 21, 2019

8:30am-3:00pm

Pre-K - 3rd Grade Educators

Tuesday, March 3, 2020

8:30am-3:00pm

Both events held at CESA 5, Portage

Click Logo to
Register:



or visit: cesa5.org/events

Registration Questions:
Contact Julie Beckwith

beckwithj@cesa5.org or 608-745-5472