



**BUILDING THE HEART OF  
SUCCESSFUL SCHOOLS**  
**PRE-CONFERENCE DECEMBER 1, 2021**

*Meditation Training: Training the  
Mind for Performance and Well-Being*

Presented by Chad McGehee  
Meditation Educator & Coach, Inner Edge Meditation

8:30am-11:30am, Wednesday, December 1, 2021

(Online) Zoom link will be emailed to registrants  
approx. 1 week in advance

In this workshop participants will learn, train and think through how to apply mindfulness and meditation to their unique performance and well-being goals. Participants will explore how to use meditation practices to build upon their knowledge of traditional Social Emotional Learning and self-care. Participants will leave with a plan on how to continue to apply meditation to impact the performance and wellbeing of themselves and those around them such as fellow educators, students, families and the community.

Event Fee: ~~\$50.00~~

**Now FREE**

*In an effort to reach all interested parties, there is no fee, but  
registration is required.*

Click the link below to register for this session, by November 29.

<https://login.myquickreg.com/register/event/event.cfm?eventid=30757>