



The Mindful Edge™

The 3-unit program is composed of 1.5-hour themed sessions, delivered in small groups, in-person or online.
Overall Program Goal - Resilience: Skill for being with the ups and downs in life

Session Theme

Session Description

Unit 1 - Mindfulness Essentials

Session 1: What is Stress?

Physiology of stress and how mindfulness can ease and help manage students' response to stress.

Session 2: Why Be Mindful?

Intro to mindfulness and relevance for students, establishing personal connection - the buy-in.

Session 3: How to Practice Mindfulness? Paying Attention to Body and Breath

Experience of mindful practices that use body and breath as an anchor to attention: body scan, circle breathing, mindful eating.

Session 4: What is the Neuroscience of Mindfulness?

The neuroscience of attention and neuroplasticity.

Session 5: Connection - The Wrap Up

Going forward, reviewing how participants can implement mindfulness practice into daily life.

Unit 2 - Social and Emotional Learning

Session 6: What is the Science of Happiness?

Happiness is a state that can be cultivated through practicing gratitude, appreciation & kindness, drawing on the recent research on Positive Psychology.

Session 7: How do Emotions Impact Thoughts and Behaviour?

What is Social and Emotional Intelligence? Exploring emotional literacy, moods, feelings and the continuum of emotions.

Session 8: How to Manage Strong Emotions?

We can learn to manage strong emotions in a way that helps us identify our needs and get them met in situations, and does not escalate them.

Session 9: How do Thoughts Impact Emotions and Behaviour?

Exploring thinking, including the impacts of perception, implicit bias, cognitive distortions. Investigating mindful self-compassion, self-care, and resiliency.

Session 10: Connection - The Wrap Up

Going forward, reviewing how participants can practice healthy mental and physical habits, self-awareness, emotion regulation and connection.

Unit 3- Mind Leadership

Session 11: What is Mindful Self-Compassion?

Self-compassion is a skill that can be cultivated, exploring the three foundations of mindful self-compassion: mindfulness, self-kindness and common humanity.

Session 12: How Can Mindfulness Impact Creativity?

Exploring mindful art-based activities.

Session 13: What Does Mindful Leadership Look Like?

Investigating the aspects of mindfulness that support leadership: awareness, attention, intention and action.

Session 14: How Does Mindful Communication Improve Relationships?

Relationships and connection can be enhanced through practicing mindful speaking and listening. Principles of mindful communication include setting an intention, being fully present, remaining open and non-judgmental, and relating to others with compassion.

Session 15: How to Bring Self-Compassion & Self Care in my Life?

Putting it all together. Going forward, reviewing how participants can implement self-compassion, self-care, resiliency, and connection into their lives..

