

## THE TEACHERS

The MPDE programs are delivered by experienced teachers, each with a strong background and practice in mindfulness.



**HEIDI BORNSTEIN** is a the founder and director of Mindfulness Everyday, with an extensive background in mindfulness, yoga and meditation. She is the co-creator and teacher for The Mindful Edge® — Stress Reduction and Life Strategies for Teens. Heidi teaches the MBSR Workshop (Mindfulness-Based Stress Reduction)

and SMART (Stress Management and Resiliency Techniques) for Educators in Toronto.

**STEPHEN CHADWICK** is a public school teacher with three decades of teaching experience with the TDSB. His specialty has been working with Children with Special Needs and ESL. Steve has received his certification as a Yoga Ed Instructor as well as his Level II Curriculum Training of Mindful Schools. Stephen teaches MBSR Workshops and SmartEducation in Toronto.



**DIANNA LAST** received her certification as a Yoga Ed Instructor For Working with Those At-Risk. She teaches MBSR Workshops and SMART in Toronto. Dianna is a photographer and teaches in the Artist In The Schools program with the TDSB and has exhibited at various galleries and is in many private collections.

**KAREN DAVIS** a recently retired administrator from Muskoka, with over 30 years of experience including the teaching of mindfulness to children, teachers and parents. She is an instructor in SmartEducation. Karen received training in CARE – Cultivating Awareness and Resiliency in Educators taught by Patricia Jennings, Christa Turksma and Richard Brown



Mindfulness Professional Development Training for Educators (MPDE) provides Stress Reduction Tools, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.

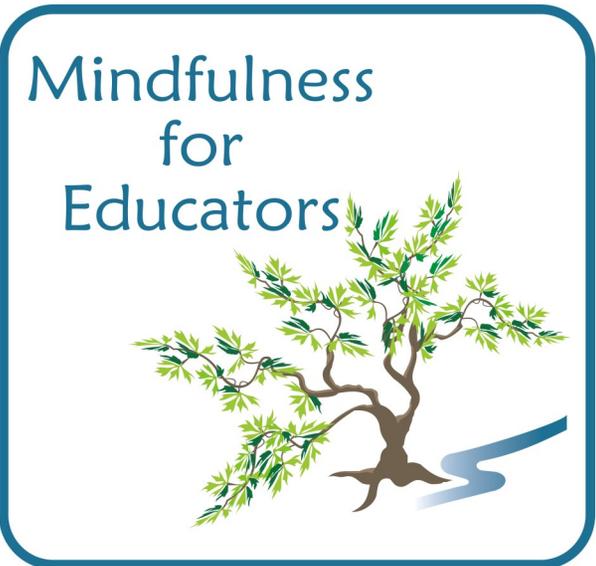


*Mindfulness is paying attention to what you are experiencing, now, with kindness and curiosity.*



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*It matters that you care  
It matters that you feel  
It matters that you notice  
Hokusai*



**MINDFULNESS PROFESSIONAL  
DEVELOPMENT WORKSHOPS  
FOR EDUCATORS**

# Mindfulness — A Foundation for Teaching and Learning

## MINDFULNESS PROFESSIONAL DEVELOPMENT WORKSHOPS FOR EDUCATORS

*"We can have the best curricula available, train teachers in technique and theory, but our students will be unsafe and our programs hollow if we do not provide opportunities for teachers to develop their own souls, their hearts, their own social and emotional intelligence." ~ Rachel Kessler*

**PD Workshops for Educators** are designed to improve health and well-being, providing essential self-care tools. Educators can achieve immediate benefits for themselves. They also receive support implementing mindfulness skills in their professional life.

Studies have shown that parents, child and youth professional support staff, and educators who have received mindfulness training had reductions in stress and anxiety, significant increases in self-compassion and self-awareness.

Mindfulness is a foundation for education; it supports all pedagogical approaches.

Through lecture, demonstration, and experiential guided instruction, our workshops examine how mindfulness practice can be applied by those working with children, youth and their families, educators, social workers, youth workers, guidance counselors, and child support service professionals.

The programs are customized to fit the timetables of the participants involved.

*"Being calm and paying attention are actual skills you can teach in the classroom."*

*Mindfulness in education represents the embodiment of Social and Emotional Learning."  
Linda Lantieri, MA, Educator and author of Building Emotional Intelligence.*

For further information on current research, see:  
The Association for Mindfulness in Education  
<http://www.mindfuleducation.org/research.html>

## A MINDFUL CULTURE CAN

- **Enhance** personal mental health
- **Reduce** stress for both students and educational staff
- **Support** emotional regulation and resilience
- **Improve** focus and concentration through the cultivation of present-moment attention
- **Develop** the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- **Encourage** empathy, compassion and sense of community
- **Provide** skills for life

