

Professional Learning Sessions

Trauma-Sensitive and SEL-informed (SEL = Social and Emotional Learning)

Beginning with the Educator

There is a cost for being a helping professional (educator, counsellor, psychologist, social worker, nurse, etc.) where we bear witness and experience the pain of others day after day. If you are always taking care of others, make yourself an "other" so that you are included.

Professional Learning Sessions for Educators and Helping Professionals are designed to improve health and well-being, providing essential self-care tools. Participants can achieve immediate benefits for themselves and receive support for implementing mindfulness skills in their personal and professional lives.

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

Through lecture, demonstration, & experiential guided instruction, our workshops examine how mindfulness practice and support those working with children and youth.

A Mindful Culture in Education Can:

Enhance

- personal mental health

Reduce

- stress for both children, youth and 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

Cultivate

- relationships with self & others



CUSTOMIZED SESSIONS

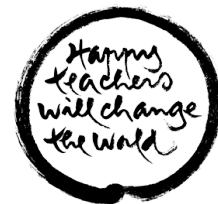
The workshops are experiential and participatory, offered in real time delivery. They are customized to fit the time tables of the participants involved.

All sessions explore:

- What is Mindfulness?
- What is the relevance to Education?
- What are the benefits?
- How is it practiced?
- How to implement mindfulness into both personal and professional life.

Customized Themes:

- A Taste of Mindfulness for Helping Professionals:
- Mindfulness — A Foundation for Teaching and Learning
- Introducing Self-care and Self-compassion practices
- Cultivating Emotion-Regulation Skills & Techniques
- How to Teach Mindfulness to Kids or Teens



TDSB Partnership

Approved Vendor with YRDSB Board Approved # V106736

Instructors with School of Continuing Studies, University of Toronto

Mindfulness Everyday registered Canadian Charity # 83693 3507 RR0001

www.mindfulnesseveryday.org

Interested in booking? Curious to learn more? Pricing Information?

Contact us at info@mindfulnesseveryday.org

We look forward to supporting you.