

# MINDFUL EDUCATOR SERIES

The MHA Mindful Educator Series is an engaging, interactive, and comprehensive workshop series. Created by the team of MHA Mindfulness Instructors, who have a culmination of various mindfulness educational backgrounds and certifications, the series encompasses different elements from their favorite evidence-based social-emotional learning curricula.



*Workshop participants gain life-enhancing skills to develop their personal and professional mindfulness practice.*

## MINDFULNESS BASICS

When people think of mindfulness, they often focus only on the mind. In the first segment of this workshop we will:

- Define and review mindfulness
- Learn ways to pay attention to sensations throughout the entire body
- Explore the connection between thoughts, emotions, actions, and body sensations
- Tune into our bodies with mindfulness practices such as the body scan and mindful movement
- Practice ways to reduce stress in the body

## PRACTICES

Throughout the workshop, participants will learn practices for use in their professional and personal lives:

- Mindfulness through our five senses
- Recognizing our thoughts, feelings, and emotions
- Practices to foster connections with others with kindness and generosity
- Self-compassion and gratitude-based practices.
- Utilization of MHA Lakeshore's *Mindful Day* curriculum

## APPLICATION

As we learn different principles and mindfulness-based practices, we will also provide examples of how these can be easily integrated into your school day:

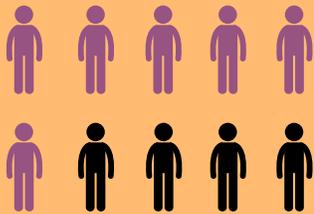
- Tips and testimonials from educators currently implementing the Mindful Educator Series
- Small- and large-group discussion regarding implementation within *your* educational environment
- Future opportunities for follow-up and support from MHA staff as you utilize mindfulness in your building

## INFO

Pricing depends on **number of participants**. Series runs about 4.5 hours total. Training includes an **informational binder** with handouts for personal and professional use, an **evidence-based hands-on mindfulness curriculum**, a **mindfulness book**, and **various tools and resources**, including a collection of digital resources for use within your classroom.

# EDUCATOR SERIES: 2021-2022 OUTCOMES

*In 2021-2022, 227 educators and other school-based/youth-focused professionals have joined the MHA Mindful Instructors team for an immersive workshop focused on developing their mindfulness practice for personal and professional growth.*



69% of attendees practiced some mindfulness prior to the workshop



92% of attendees reported that they will use mindfulness in their professional and personal lives!

- 98% of attendees reported that the Mindful Educator Series was beneficial
- 97% of attendees would recommend the workshop to a friend or colleague



## WHAT PAST PARTICIPANTS HAVE SAID:

"I wish every teacher in our district would have attended this!"

"Best training/seminar I've had in 25+ years of being an educator."

"Usually at the end of a training or conference, I'm ready for it to be over, but this isn't the case."

"The energy and passion the MHA team delivered the information and practices with was super awesome... I know I will share with the people in my life."



"I loved learning how to bring mindfulness into my own life, as well as my students and how these practices can easily be incorporated into life and a school day. Thank you!"

"Excellent information and practical activities we can use right away. Thank you!"

"So excited to begin putting all I learned into practice with students."

"WOW! This far exceeded my expectations!"



If you are interested in bringing this training to your place of work, or if you have any questions, please contact [info@mhalakeshore.org](mailto:info@mhalakeshore.org) or 920.458.3951.