



# Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

## Transforming Teaching & Learning Through Mindfulness and Restorative Practices

3 St. Michael's graduate credits

**Instructor: Annie O'Shaughnessy**

HYBRID: Online with EDU2.0 including 4 face-to-face meetings

Target Audience: Educators, therapists & helping professionals

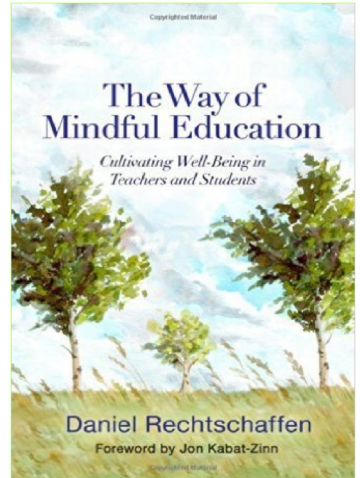
In this course we will explore Mindfulness and Restorative Practices as foundational and interdependent practices central to developing a vital learning community. While class meetings will be primarily experiential in order to develop an embodied understanding of mindful awareness and restorative work, online material and assignments will challenge participants to become fluent in the principles, science and research that support them.

Emphasis is placed on each participant's unique goals and teaching styles, providing structure, resources and support for the tricky, often challenging work of teaching content while building community and attending to the social and emotional needs of students. Finally, participants will experience the power of Mindfulness and Restorative Practices as tools within a collaborative reflective practice, looking closely at our teaching lives.

Participants will:

- Review research on the effect of mindful awareness activities and restorative practices (RP) on classroom learning, executive functioning & behavior and teacher/counselor wellness.
- Use mindful investigation and analysis to improve teaching practice
- Design & implement mindfulness activities that are developmentally appropriate and feel authentic to the teacher.
- Learn how RP works to improve classroom culture, decrease behavioral incidents and increase positive academic risk-taking.
- Explore how RP can be woven into content instruction

\*Additional information & instructor bio on our website.



### Dates:

Jan. 23–May 1, 2017

### Face to Face Dates:

1/23, 2/20, 3/27, & 4/17  
Time: 4:00 – 7:00 pm

### Location:

CVEDC Classroom  
Colchester, VT **and**  
Online at EDU 2.0

### Cost:

**CVEDC Members**

\$725 w/out credit

\$1100 w/grad credit\*

**Non Members**

\$825/\$1200\*

\*includes 3 grad credits  
from St. Michael's Coll.

Also includes book:  
Rechtschaffen, D. (2014).  
*The Way of Mindful  
Education: Cultivating  
Well-Being in Teachers  
and Students.*

To Register: [www.cvedcvt.org](http://www.cvedcvt.org)

Questions? [info@cvedcvt.org](mailto:info@cvedcvt.org)

Or call: 802-497-1642



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All schools in Addison, Chittenden,  
Grand Isle and Franklin Counties  
are members.