

Restorative Communication

Presenter: Annie O'Shaughnessy, M.Ed in Mindfulness

Target Audience: All K-12 educators

Although restorative practices have been used in schools in the U.S. for over 20 years, it has only recently experienced a big uptick in popularity. This is due in large part to the enthusiasm educators have brought to the movement based on the real, day-to-day benefits the practices bring to their lives. The dreaded task of “classroom management,” for example, transforms when we add structures for collaboration and processes to access **student voice**. Our stress decreases as we do things “with” students rather than “for” them or “to” them.

One of the most powerful things we can do to transform a school culture and climate is to shift the way we communicate that aligns with restorative principles, mindfulness, and trauma informed care. During our day together we will look at a model for restorative communication, share our own experiences, and practice what we've learned in real-life scenarios. Throughout the day we will explore how to use restorative communication to build relationships, respond to disruptive behavior, and collaborate in and out of the restorative circle process.

Achievable Outcomes:

- Examine and reflect on the theory and psychology that informs restorative communication.
- Learn and use the circle process to practice mindful presence and share our thoughts on restorative communication.
- Reflect on our own effective and ineffective default communication styles and those of the staff we work with.
- Explore and practice a mindfulness and trauma informed approach to restorative communication.

About our Presenter: Annie O'Shaughnessy has taught since 1990 in public, alternative and therapeutic settings. She pursued her M.Ed. in Mindfulness for Educators in 2016 and has taught in multiple settings, both workshops and classes throughout Vermont.



Restorative
Practices

Dates:

May 14, 2019

Hours:

8:30 registration
9:00-3:30 (light breakfast
and lunch included)

Location:

Hampton Event Center
Colchester, VT

Cost:

CVEDC members \$200
Non - members \$225

**Includes: Resource
Binder**

To Register: www.cvedcvt.org

Questions? info@cvedcvt.org

Or call: 802-497-1642



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