



Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

Building a Vital Learning Community with Restorative and Mindful Practices

Presenter: Annie O'Shaughnessy, M.Ed. in Mindfulness **Full Bio on our web*

Morning Session

Experiential Understanding: We will begin the day by experiencing first hand how much easier it is to learn when we are focused, relaxed and connected, using Mindfulness and Restorative Practices.

Explicit Understanding: We will "unpack" the experience and build and/or review our working understanding of Mindfulness and Restorative Practices.

Research: We will then review research that points to mindfulness as a powerful tool for cultivating relaxed focus. And we will look at the emerging fields of Interpersonal Neurobiology and Social Neuroscience, shedding some light on how building connections with and between students creates the conditions for learning.

Making Connections: Using the circle process we will make connections between our learning so far today with the experiences and innate knowledge we hold.

Afternoon Session

Building the Tool Box: We will look at and reflect on the foundational skills and core values necessary for building a safe and vital learning community. Some examples:

- **Building Authentic Relationship** without compassion fatigue, boundary crossing or burnout through Relational Mindfulness and Restorative Practices.
- **Cultivating Presence and Attunement** and how that affects the learning environment.
- Using the **Circle Process** and agreement building to "rewire" how we relate, take turns, listen and talk.
- Using **Embodied, Embedded and Explicit Mindfulness** to regulate and empower students and teachers.
- Using **Restorative Language** to de-escalate, problem solve and build connections.
- Looking at all approaches through a **Trauma-Informed** lens with the idea that we all have challenging adaptive behaviors that arise during time of stress and feelings of isolation.

Practice: We will choose from a range of activities to focus in on and practice what we most want to learn and strengthen.

Reflect and Clarify: Finally, we will use Mindfulness and the Circle Process to reflect on our learning and clarify our intention moving forward.

To Register: www.cvedcvt.org

Questions? info@cvedcvt.org

Or call: 802-497-1642



Are you a CVEDC Member?
All schools in Addison, Chittenden,
Grand Isle and Franklin Counties
are members.



Target Audience:
Educators, Therapists,
Leaders

Dates:
March 28, 2017

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

Location:
Hampton Inn
Conference Center,
Colchester, VT

Cost:
\$175 CVEDC Member
\$225 Non-Member

