



# 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**

**Target Audience:** Educators, Therapists, Leaders

Whether we counsel, teach or work with students outside of the school, we have the opportunity to influence the future of our country and world by building learning communities in which members feel:

- safe to take the risks necessary for learning.
- connected, supported, honored and respected.
- focused and relaxed.
- engaged and excited to learn.
- supported to begin again after failure.
- challenged to stretch their abilities.

While building such a community is not found in any one technique or approach, Mindful and Restorative Practices provide a powerful and foundational set of practices and principles that can transform your work and the lives of those you teach, lead or counsel.

In CVEDC's July seminar "Mindfulness and Restorative Practices: A Powerful Partnership," Annie offers an overview of these two approaches with opportunities to experience how they both work together. In this workshop, she will offer a stand-alone experience that allows participants to really dig into their own practices, values and goals, reflect on what it actually means to build a vital learning community and learn the nuts and bolts of the practices that will help you build it. No experience or knowledge is necessary.

**About our Presenter:** Annie O'Shaughnessy has an M.Ed in Mindfulness for Educators, Level I & II Training in Modern Mindfulness, Level 1 & 2 Restorative Justice, CircleWork Leadership Training and Restorative Justice Summer Institute and has taught Mindfulness, Restorative Practices and Rites of Passage to K12 educators.



**Dates:**

August 3, 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

**Other opportunities:**

Practicum 3 cred course  
**Transforming Teaching  
& Learning Through  
Mindfulness &  
Restorative Practices**  
July 17-21

**Mindfulness &  
Restorative Practices:  
A Powerful Partnership**  
Workshop – July 12, 2017

**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.