



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 fall seminar "Mindfulness and Restorative Practices: A Powerful Partnership," Annie offered 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:

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



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.**