



# Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

## Mindfulness and Restorative Practices: A Powerful Partnership

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

Target Audience: Educators, Therapists, Organizational Leaders.

When a teacher or therapist practices mindfulness, a compassionate curiosity naturally arises. Restorative Practices, on the other hand, *requires* compassionate curiosity for it to be effective. These two truths make this partnership a natural and essential one.

Since taking office as Secretary of Education, Rebecca Holcombe has encouraged schools to explore non-punitive forms of behavioral support. Restorative Practices is one of these approaches due to the convincing research that shows it reduces the number of behavioral incidents, improves school climate, reduces suspensions and more. Mindfulness, as many know, has been shown to improve student and teacher wellness and performance on many levels.

This workshop will increase your knowledge and skill in the following ways:

- Provide opportunities to experience the benefits of Mindfulness and Restorative Practices first-hand.
- Provide opportunities for participants to practice leading these approaches themselves.
- Offer ways to weave the implementation of these approaches into class content.
- Offer research on how these practices decrease teacher burnout and increase wellness.

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.



**Date:**

**Wednesday  
July 12, 2017**

**Hours:**

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

**Location:**

Hampton Inn  
Colchester, VT

**Cost:**

CVEDC Members \$175  
Non- Members \$225  
Includes Materials

**Other opportunities:**

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

**Building a Vital  
Learning  
Community with  
Restorative & Mindful  
Practices** workshop  
August 3, 2017

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

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