



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** will receive her* M.Ed Dec 2016 in Mindfulness for Educators, has Level I & II Training in Modern Mindfulness, has trained with CircleWork Leadership Training and Restorative Justice Summer Institute and has taught Mindfulness, Restorative Practices and Rites of Passage to K-12 educators.



Date:

**Wednesday
December 7, 2016**

Hours:

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

Location:

Hampton Inn
Colchester, VT

Cost:

CVEDC Members \$150
Non- Members \$200
*includes text

Text: Restorative
Circles in Schools:
Building Community &
Enhancing Learning -a
*practical guide for
educators*



Additional opportunity

Spring 3 credit graduate
Practicum course taught
by Annie on Mindfulness
& Restorative Practices

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.