



Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

The Mindful Teacher: Developing Resilience and Compassion in Challenging Times

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

Target Audience: All educators K-12

In a recent study, 93% of fourth grade teachers reported high levels of stress, but we don't need a study to discover just how challenging teaching has become. Just talk to teachers. Pressures to raise test scores while implementing new ways to assess learning, alongside the call to teach social-emotional learning, build relationships, and address racism, bullying, and trauma add up to create an unsustainable situation. Not only is this level of stress bad for teachers it is bad for students. Research shows that "high teacher stress levels were usually associated with poorer student results, such as lower grades and frequent behavior problems ([Walker, 2018](#))."

Mindfulness is a "buzz word" for a reason. It works. In this experiential and informative workshop, participants will learn the concepts, practices and techniques that support teachers to **experience less stress, have more fun, and bring more relaxed presence to their classroom.**

Participants will:

- Explore the fundamentals of mindfulness and how it differs from self-regulation.
- Practice techniques to develop equanimity and compassionate curiosity and explore how this can transform "behavior management".
- Explore and experience the power of the mindful pause and how it can transform the way we interact and communicate with others.
- Experience interpersonal mindfulness through a circle process as a way to experience the power of presence.
- Explore ways of developing relationships with students that are healthy and life-giving.
- Practice simple ways to bring mindfulness to students.

When you become a mindful teacher, you are not only supporting yourself, you are giving a gift to your colleagues, students, friends and family. Learning these skills has a ripple effect that affects, learning, relationship, and school culture. Bring a team! Join other teachers for a day of learning, relaxation, and exploration.



Dates:

December 5, 2018

Hours:

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

Location:

Hampton Event Center
Colchester, VT

Cost:

CVEDC members \$200
Non - members \$225

**Includes: Resource
Binder**

To Register: www.cvedcvt.org

Questions? info@cvedcvt.org

Or call: 802-497-1642



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All schools in Addison, Chittenden,
Grand Isle and Franklin Counties
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