



Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

Mindfulness for Troubling Times:

An online Cohort Series

May 6-27 – Wednesdays at one

Facilitator: Annie O'Shaughnessy

Learn the skills of creating restorative and engaging online spaces while also taking care of yourself. In this ongoing cohort series, Annie O'Shaughnessy will introduce tips, tools and resources for teaching and leading restoratively online while also creating space for your own self-care and healing.

Each 75-minute virtual session will offer a mindfulness activity, circle sharing, and skill building. This 4-part series is motivated by the unprecedented stressors experienced by educators and hopes to provide a supportive home base for you. Wednesdays at one May 6-27, 2020 -

Our Presenter: Annie O'Shaughnessy began teaching in 1990 and has since enjoyed a rich and varied career as an educator in public, alternative, and therapeutic settings. In addition to fifteen years as a restorative circle facilitator for adults, Annie received her M.Ed. in Mindfulness for Educators (12/2016) and began teaching other teachers about the power of mindfulness. She is the premier sought-after Mindfulness instructor in Vermont.



Dates:

May 6
May 13
May 20
May 27

Time: 1 – 2:15 pm

Location:

Online Zoom

Cost:

CVEDC Members
\$100

Non Members
\$125

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
are members.