



Champlain Valley Educator Development Center

Collaborative Professional Learning to Support Vermont Schools

Transforming Teaching & Learning Through Mindfulness and Restorative Practices

Instructor: Annie O'Shaughnessy

ONLINE Course 3 graduate SMC credits

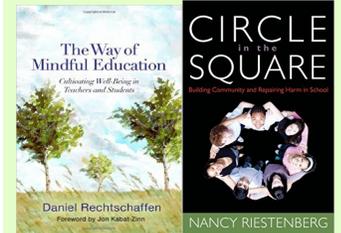
Target Audience: Educators, therapists & helping professionals

In this course we will explore Mindfulness and Restorative Practices as foundational and interdependent practices central to developing a vital learning community. This is an accelerated online course that requires a significant time commitment of approximately 15-20 hours a week and logging on at least once a day, ideally more. Class work is on your own and in small cohorts of 3-4 and is made up of discussions, projects, daily individual practice, readings, reflections and videos. You will be also be asked to participate in 2 of the four synchronous online 90-minute meetings.

Achievement Based Objectives

- Read and respond to course texts within a small community of learners.
- Prepare resources, takeaways & tools to support you and others to apply this learning in schools.
- Reflect on and explore your own journey related to mindfulness and restorative practices.
- Examine and apply the basic principles of mindfulness, personal mindfulness practice, and mindfulness instruction.
- Examine and apply the basic principles of the restorative approach in your personal and professional life.
- Develop a trauma and equity informed lens through which to view your teaching and living.

Please review the syllabus on our registration page for further details.



Dates:

July 1, 2020 – July 29, 2020

See syllabus for details.

Location:

Online with Edu2.0 and Zoom

Cost:

CVEDC Members

\$825 w/out credit

\$1215 w/grad credit*

Non Members

\$925/\$1315*

*includes 3 grad credits from St. Michael's Coll

Includes 2 books:

The Way of Mindful Education: Cultivating Well-Being in Teachers and Students & Circle in the Square: Building Community and Repairing Harm in School.

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.