

Join Stephanie and Lisa in this excellent training.

All cohorts of the Mindfulness for Educators program have been researched with the support of Royal Roads University since 2016. For a review of the summary report findings, please email.



Stephanie Curran, a practitioner of Acupuncture and Chinese Medicine in Victoria, BC, is a long time practitioner of meditation. She has completed teacher training course work in Mindfulness-Based Stress Reduction (with MBSR founder Jon Kabat-Zinn), Mindfulness-Based Childbirth and Parenting, Listening Mothers and Mindful Schools.

As a parent, Stephanie is deeply moved and inspired to share the benefits of mindfulness with children, families and her community. She facilitates mindfulness programming in schools, to the general public and leads postpartum mindfulness classes in Public Health Units. She enjoys offering presentations about mindfulness at educator conferences, ProD school events and for PAC groups, helping to bring mindfulness into schools and homes in our community.

www.elementcentre.ca



Lisa Baylis is a Positive Educator and Counsellor in the Greater Victoria School District. She offers workshops to bring tools and strategies to educators in order to help them create wellness habits for themselves and the students in their classrooms. She has presented at conferences locally, provincially and internationally about positive education, mindfulness, self-compassion, and teacher wellbeing. Lisa has completed the Mindful Schools curriculum and is a trained Mindful Self-Compassion (MSC) teacher. You can find her at: www.lisabaylis.com She is passionate about teaching mindful self-compassion to educators. As a parent, whose children are in the public school system, she is a strong advocate for enhancing educator's well-being and self-awareness.

**Contact Stephanie Curran
and Lisa Baylis:
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MINDFULNESS FOR EDUCATORS

With Lisa Baylis and Stephanie Curran



Providing educators with a firm grounding in mindfulness-based strategies that can be incorporated into daily life and in the classroom.

Personal practice

With Stephanie Curran

Classroom Support

With Lisa Baylis

Weekly Sessions 4:00 - 6:00

*Retreat on Saturday from 9am-3pm
(between the 5th & 6th class)*



Teaching mindfulness to youth is significantly enhanced and more effective when it stems from a base of personal practice.

The first 8 weeks of this course will help participants develop a personal mindfulness practice to deepen self-awareness, lower stress and increase overall well-being by learning:

- foundations of mindfulness theory and practice
- awareness of patterns of thought, speech, and behaviour
- skills for meeting and navigating intense emotions
- practices that cultivate positive states of mind like gratitude, self-compassion, and kindness
- how mindfulness influences communication and relationships

A commitment to daily home practice is required during the course in order to embody the concepts learned. This highly participatory and supportive program will include:

- Guided instruction in mindfulness practices
- Teaching and discussion
- Daily assignments to enhance awareness in everyday life
- A personal practice workbook and guided audio practices online

After completing the “8-week personal practice course”, teachers will participate in FIVE weekly classes to learn more about the research on mindfulness in education and discover tools and strategies that can be used to teach mindfulness in the classroom.

Each class will include a personal practice but will focus on developing tools, language, and ideas for bringing mindfulness and compassion into the K-12 classroom. Participation is essential to get the most out of this enriching and shared experience, as participants will be asked to answer prompting questions, ask their own questions, and share their experience in the classroom.

These classes will also touch on how mindfulness strengthens and enhances the aspects of social-emotional learning and well-being for both students and staff.

The Mindfulness for Educators Program is NOW fully available online and can be done via Zoom for all cohorts!