

Mindfulness *for Teachers*

~ Workshop Details ~

2 - 3 Hours (customizable to fit your staff's interests and needs)

Teachers will leave with:

- a practical working understanding of mindfulness practice and philosophy and basic "how to" instructions
- first-hand experience of the nourishing quality of mindfulness meditation
- tools and strategies for self-regulation for themselves in context of classroom and for their students
- an understanding of intention and how it impacts behavior and communication
- instructions for how to practice social meditation and other accessible mindfulness experiences with young children
- new perspectives and strategies around challenging experiences in the classroom
- increased self-awareness around how they relate to children, teaching, discipline and working with colleagues
- practical techniques around learning how to direct attention and maximize concentration
- new language and understanding of emotional literacy

How?

As a constructivist educator, wellness coach and mindfulness teacher, I facilitate a mixture of guided meditations, direct teaching, exercises, discussions where we apply mindfulness to specific challenges teachers are having in the classroom and coaching to create a tailored experience that will impact your teachers for years to come.

Benefits of
Mindfulness

decreases anxiety
and stress

improves attention
and concentration

supports emotional
regulation

builds self-
compassion (pdf)

soothes amygdala
response

strengthens
resilience

"Jaime transformed our teaching team in one day! Her wealth of mindfulness knowledge paired with her many years of teaching experience made for an incredibly enriching workshop. She brought our team together by offering practical tools that we can apply every day to support our individual and collective teaching practice. Since working with Jaime, we have become attuned to the fact that the more mindful we are in our daily work with the children, the more present and rewarding our work is. Jaime also inspired us to bring mindfulness to our 3-5 year old students in innovative ways which we can already see having affects on their self awareness and resilience! We can't wait to have our next workshop with Jaime and soak up more of her abundant expertise!"

-Sarah Loeb, Misty Wagon Schoolhouse