



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

Mindfulness-Based Practices Coaching Series

**4 Sessions | Jan 21, Jan 28, Feb 4, Feb 11, 2026
Wednesdays, 4:30-5:15pm**

Presented by Heidi Brown C-IAYT and TAP Consultant

Series Objectives

- Establish 5 minutes of daily personal mindfulness practice incorporating breathing techniques, centering, and/or movement.
- Gain confidence leading basic mindful movement, breathing techniques, and centering practices with students and colleagues.

Sessions incorporate a mix of background information, experiential learning, practice teaching in breakout groups, and Q & A. Please be prepared to participate and engage in practices and activities.

Session 1 | January 21, 2026 | Preparation

Session 2 | January 28, 2026 | Breathing Techniques

Session 3 | February 4, 2026 | Mindfulness-Based Practices to Support Energizing

Session 4 | February 11, 2026 | Mindfulness-Based Practices to Support Calming

Click the session below to register!

[Session 1](#)

[Session 2](#)

[Session 3](#)

[Session 4](#)

A survey will be posted in the zoom chat box at the end of the presentation. You must complete the Survey to receive your Certificate of Completion.