



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

Mindfulness-Based Practices to Manage Stress & Frustration for Educators and Students

Thursday, October 24, 2024

8:30-11:30 or 12:00-3:00

Presented by Heidi Brown, TAP Consultant, Mindfulness and Social Emotional Learning

The body of research validating the implementation of mindfulness-based practices (MBP's) in the classroom continues to grow with benefits including improved mental health, distress tolerance, executive function, attention, and academic performance.

In this experiential workshop, participants will:

- Explore current research supporting the implementation of mindfulness-based practices in both neurotypical and neurodiverse youth populations
- Practice a variety of trauma-informed mindfulness techniques
- Hear stories from the field
- Leave with tools, resources, and practices you can begin using right away to enhance your own well-being, student well-being, and classroom climate

This training is applicable to ALL school staff

The PM session is the same as the AM session. A Survey will be posted in the zoom chat at the end of the presentation. You must complete the survey to receive a Certificate of Completion. You can join the PM session if you miss part of the AM session.

AM Click →

[HERE](#)

OR

PM Click →

[HERE](#)