

**Mission:** *We facilitate human & school transformation through mindfulness practices.*

**Vision:** *We want to ensure all students are well and whole.*

**Values :** *We believe in integrated mindfulness practices that promote Alignment, Authenticity, and Connection*

## PROFESSIONAL LEARNING WORKSHOPS

### Creating a Mindfulness-Based Social Emotional, Healing-Centered Environment: An Introduction to Mindfulness for Educators

How can you create an environment for your students that is healing-centered and builds in mindfulness practices? Research on mindful environments in schools and settings with children indicates that we can create environments to pause, connect, and create awareness. In this workshop, we will present a framework around four key ways that educators can begin to cultivate this environment. Learning objectives include:

1. To define mindfulness and explore ways that educators might practice mindfulness for their own awareness and well-being.
2. To demonstrate ways that educators might share authentically their own awareness practices and observations.
3. To share practices with educators that might be implemented in environments with rhythm and repetition
4. To provide information and tools for regulating the nervous system.

This workshop will focus on building an environment that supports these mindfulness practices and creates a culture of awareness. The workshop will include information, mindfulness practices, and small group work and discussions.

Duration: 2-4 Hours.

### Brain Science: How Does Mindfulness Support our Brains and Well-Being?

Our minds and bodies are complex, interconnected systems. This workshop explores brain science, in particular the autonomic nervous system (stress response system); defines mindfulness and the why behind it; the connection between mindfulness and the autonomic nervous system; and provides practices for educators to explore to decrease stress and improve well-being. Learning objectives for this workshop include:

1. To understand the basics of the brain and why mindfulness practices can be

supportive of positive brain development.

2. To provide mindfulness practices that can support a settled nervous system and awareness.
3. To learn about the autonomic nervous system.

Duration: 1.5 Hours

### **Mindful Self-Compassion And Resilience for Educators**

Research clearly shows that adult stress impacts youth well-being, academics, and social skills. One of the most important things that we can do for youth is to focus on our own wellness and build long-term resilience, modeling it for youth, in particular, through mindfulness practices. Mindful self-compassion is the practice of awareness, feeling connected to other people, and treating yourself with the same kindness that you would a friend. Without self-compassion, it is hard to find the time and space for your own wellness. Mindful self-compassion can be practiced in small and larger ways throughout the day. In this workshop, the learning objectives include:

1. To learn about the three components of Mindful Self-Compassion and the research of Dr. Kristen Neff and Dr. Chris Germer.
2. To practice mindful self-compassion.
3. To discuss and apply the learnings to our life and work.

Duration: 2-3 Hours

### **Mindful Educator Workshop for People of Color**

This workshop is designed to create a safe, nourishing space for people of color working with youth. We will bring in mindful awareness practices, compassion, self-care and community care in order to support our well-being. This workshop will be facilitated by people of color and is open only to people who identify as people of color. Learning objectives of this workshop include

1. To create space among participants for awareness and community care.
2. To connect educators who identify as BIPOC to other educators and share experiences.
3. To practice mindfulness together.

Duration: 2 Hours

## More Than Being Calm: Mindfulness for Implicit Bias

*"Change begins with reflection, not deflection."* – Dr. Chandra Gill

Mindfulness is paying attention to the present moment with compassion and curiosity, and a step towards a shift in our hearts and the way that we perceive the world around us. Research shows that mindful awareness practices help us uncover our implicit bias and unconscious ideas, thoughts, and beliefs. Drawing on the work of Ruth King, author of *Mindful of Race*, Rhonda Magee, author of *The Inner Work of Racial Justice*, as well as other teachers, we will explore mindfulness practices to uncover our unconscious biases and thoughts as a stepping-stone toward change and growth.

Implicit bias is created through our conditioning. By using mindfulness practices to create more awareness, with compassion and curiosity, we set a foundation to look inward without getting stuck. How can we care for ourselves in this difficult process with curiosity and compassion? This session will include breakout groups for small group discussions and two affinity groups led by Space Between facilitators, one for participants who identify as BIPOC and one for white identifying participants.

Learning objectives include:

1. To define implicit bias and how it is created by our conditioning.
2. To provide a framework for uncovering implicit biases with curiosity and compassion.
3. To practice mindfulness together and create affinity spaces for discussing how bias comes up in our lives and work.

Duration: 3 Hours. Note, we recommend first taking our introduction to mindfulness workshop.

## Mindful Communication: How Do We Listen and Speak With Curiosity and Compassion

Communication with others can be challenging and uncomfortable at times, especially if you disagree, make assumptions about others, or are unaware of yourself and the other person. Mindfulness practices may be supportive in being aware of what is happening

personally in communication and also being present to others. Being in communication with other people with curiosity and compassion helps in listening and speaking in ways that are open and more understanding of emotions and ideas coming from ourselves and others. The learning objectives in this workshop include:

1. To define what mindful communication truly means.
2. To demonstrate ways that we might receive and give information using mindful communication principles.
3. To practice and apply mindful communication principles with partners and small groups.

Duration: 2 Hours

### **Mindful Educator Retreat**

Our Mindful Educator Retreat provides time and space to connect with each other, practice deepening presence, and providing context and answering questions around the practice. With a variety of different practices of longer length, in a supportive environment, there is extra time for awareness, ease, and compassion. This retreat can be tailored to the needs of your group. Duration: One - Three Days

### **MONTHLY PROFESSIONAL LEARNING**

Professional learning for teachers and staff to set a foundation for mindfulness work, including mindfulness-based social emotional learning and healing-centered/trauma-informed concepts and practices for teachers. We work with you to provide experiential learning to build practical tools for a mindful environment that includes self-awareness for adults, mindful routines, modeling authenticity, and supporting the nervous system for adults and children. Monthly professional learning topic examples:

- How to create mindfulness routines for transitions
- Cultivating self-compassion for educators
- Creating compassionate classroom communities
- Supporting student dysregulation
- Mindfulness and implicit bias