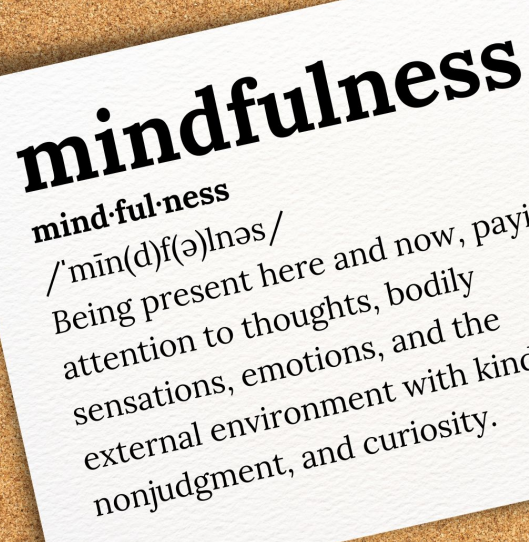




# 2023-2024 Program Catalog

Join us in creating equitable, joyful  
learning environments that  
center collective well-being.

[www.mindfulschools.org](http://www.mindfulschools.org)



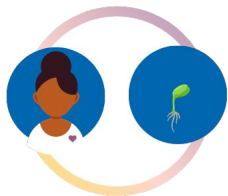
**Our mission** is to empower educators to spark systemic change from the inside out by cultivating awareness, resilience, and compassionate action in their communities.

**Our vision** is for all children to learn in *mindful schools* that nurture a new generation of leaders to create a more equitable and thriving world.



## EDUCATORS

### CULTIVATE PERSONAL MINDFULNESS PRACTICE



Educators and school staff receive immediate support and sustainable strategies for their mental health and well-being.

## LEARNING SPACES

### APPLY MINDFULNESS IN CLASSROOMS AND RELATIONSHIPS



Educators apply mindfulness in their school role, integrating practices and curriculum for students, and transforming communication and relationships with students and colleagues.

## SCHOOL COMMUNITIES

### LEAD SYSTEM AND CULTURE CHANGE THROUGH MINDFULNESS



School teams use a shared framework and experience of mindfulness to shift culture to support agency, belonging, and healing.



# Why Mindful Schools?



Mindfulness means **being present here and now**, paying attention to thoughts, bodily sensations, emotions, and the external environment with **kindness, non-judgment, and curiosity**.

Mindful Schools is a critical partner for school communities seeking to build **trauma-sensitive, equitable** learning environments that foster **belonging and well-being**.

**You're already investing  
in the well-being of your  
school.**

With Mindful Schools,  
mindfulness isn't just one  
more thing. **It's the one  
thing that makes  
everything else more  
effective.**

to support

## TRAUMA-SENSITIVE INSTRUCTION

Mindful Schools programs

- focus on community strengths
- center healing
- support regulation for all nervous systems

to support

## EQUITY WORK

Mindful Schools programs

- build awareness of biases and habits that can cause harm
- cultivate empathy and agency

to support

## SOCIAL-EMOTIONAL LEARNING

Mindful Schools programs

- build social awareness, relationship, and problem-solving skills
- center body awareness and emotion regulation practices

# Case Study: Laveen Elementary School

*“Mindful Schools is our go-to organization when it comes to training and resources—what we do, how we do it, and why we do it. We were searching for that, literally for years.”*

– Robert Caplinger, Principal



**Laveen Elementary is located outside of Phoenix, AZ. 68% of students are from low-income families.**

## TIMELINE OF PARTNERSHIP

**2019:** When the volunteer yoga/mindfulness provider leaves, the school starts to explore Mindful Schools courses

**2021:** Multiple cohorts of educators train in 101 and 201

**2021:** Invests behavior management budget into Mindful Schools training and a mindfulness coordinator instead of hiring a detention monitor

**2022:** Experiences **70% reduction** in referrals for student behavior; continues training cohorts in 101 and 201

**Next Steps:** The school is eager to explore schoolwide mindfulness frameworks and more support for staff

## Introduction to Mindfulness

ALL-STAFF PD

### Virtual Professional Development (60-90 Minutes)

Topics include:

- what mindfulness is and what it isn't
- benefits of practicing and teaching mindfulness
- simple mindfulness practices to support well-being

### Interest Survey

- Staff survey to determine interest in 101 & 201
- Guidance on forming your **opt-in cohort** and next steps

## 101: Mindfulness Foundations

4-WEEK COURSE

### Virtual Facilitated Course (15 Hours)

- Develop a personal mindfulness practice
- Learn strategies to:
  - navigate challenging emotions
  - work with thoughts and biases
  - bring a grounded, stable presence to interactions

**ADD-ON:**  
**Facilitated Learning Community**  
Enhance your course experience with live sessions exclusively for your group

## Additional PD Opportunities

VARIED

For Your Opt-In Cohort

### Skills Workshops

Staff learn practical strategies to support mindfulness and well-being for students and adults

### Mindfulness Retreat

Staff nurture well-being and deepen personal practice with a half day of mindfulness and connection with other educators

### Consulting Services

School leaders receive guidance on integrating mindfulness into existing programs and building a culture of mindfulness

## 201: Mindfulness in the Classroom

8-WEEK COURSE

### Virtual Facilitated Course (30 Hours)

- Apply the practices learned in 101 to your school role
- Learn to share mindfulness practices with students in a trauma-sensitive way
- Learn to teach the Mindful Schools K-5 and 6-12 Curricula

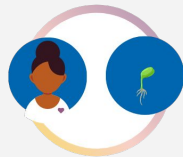
### ADD-ONS:

**Facilitated Learning Community**  
Enhance your course experience with live sessions exclusively for your group

**Instructional Coaching**  
Staff gain feedback on teaching mindfulness and the K-12 curriculum

## Schools and districts, consider these sample packages.

Contact us to customize a package that meets your needs.

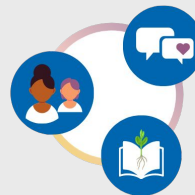


### EXPLORE MINDFULNESS

Invest in a team in 101 and/or a workshop as a step toward creating mindful, equitable, and trauma-sensitive learning environments for young people.

### EXPLORE+

Begin your journey with a PD for your whole staff.



### CREATE MINDFUL LEARNING SPACES

Invest in the 101 and 201 training path to nurture staff well-being and integrate the Mindful Schools K-5 and 6-12 curricula.



### BUILD A CULTURE OF MINDFULNESS

Create a healing-centered community. Utilize mindfulness to support trauma-sensitive and social-emotional wellness practices, and nurture a culture that promotes agency, belonging, and healing.

PD: Intro to Mindfulness		✓	✓	✓
COURSE: 101	✓	✓	✓	✓
COURSE: 201			✓	✓
COURSE ADD-ON: Facilitated Learning Community			✓	✓
WORKSHOPS	✓	✓	✓	✓
RETREATS			✓	✓
IMPLEMENTATION SUPPORT: • Consultation Services • Instructional Coaching				✓



# Mindful Schools 2023-2024 Core Training Programs

## 101 and 201 Core Training

### 101: Mindfulness Foundations

\$195

### 101R: Mindfulness Foundations + Retreat

\$225

Learn practices that can resource staff during the school day and daily life, with trauma-sensitive approaches for navigating challenging emotions, working with thoughts and biases, and cultivating compassion and joy.

[4-Week Virtual Facilitated Course with Live Session](#) | EARN CREDITS

### 201: Mindfulness in the Classroom

\$595

Learn strategies to create trauma-sensitive and inclusive learning environments and share mindfulness practices with students using the Mindful Schools K-5 and 6-12 curricula.

[8-Week Virtual Facilitated Course with Live Sessions](#) | EARN CREDITS

## SUMMER INTENSIVES: Available for School & District Teams Only

### 201 Course: Live Intensive

Interactive 2-week training + retreat for educators. Explore how to integrate mindfulness into your school role and learn to teach the Mindful Schools K-5 and 6-12 Curricula to students in a trauma-sensitive way.

[6 Live Instruction Dates: 7/18/23, 7/19/23, 7/20/23, 7/25/23, 7/26/23, 7/27/23 + Retreat Date: 7/22/23](#)

### Build a Culture of Mindfulness: Leadership Intensive

Interactive 3-day training + retreat for educators and school leaders to align around a common vision and develop a concrete action plan for integrating mindfulness into school culture.

[3 Live Instruction Dates: 7/19/23, 7/20/23, 7/21/23 + Retreat Date: 7/22/23](#)

## Additional Support for Schools and Districts

### 101 or 201 ADD-ON: FACILITATED LEARNING COMMUNITY

Enhance your course experience with two additional live sessions with Mindful Schools faculty, exclusively for your group. Sessions include time to discuss core learnings, ask questions, and consider next steps for integrating mindfulness at your school.

### ALL-STAFF PROFESSIONAL DEVELOPMENT

#### Introduction to Mindfulness + Consultation

60- to 90-minute live virtual event to engage your whole staff. Develop a common understanding of what mindfulness is and isn't, and experience mindfulness practices to support well-being. Post-event consultation includes participant survey report and recommendations for next steps.

*Additional PD topics available:*

- How to Build Trauma-Sensitive Classrooms
- SEL and Mindfulness: Strategies for You and Your Students
- Reimagine Self-Care in the Classroom
- Communicate for a Change
- Grow Your Range of Resilience
- Mindfulness for Caregivers (for families in your community)

### IMPLEMENTATION SUPPORT

#### Consultation Services

Your school team leaders meet with Mindful Schools to discuss program goals and course experience. Sessions leverage our Rubric for Assessing Schoolwide Mindfulness to create an implementation plan that addresses school wellness and culture goals.

#### Instructional Coaching

Staff receive coaching and feedback on teaching mindfulness and the Mindful Schools K-5 and 6-12 Curriculum.

## Explore Different Applications of Mindfulness

### WORKSHOPS

\$125

[90-Minute Virtual Events](#) | [EARN CERTIFICATE OF ATTENDANCE](#)

#### How to Build Trauma-Sensitive Classrooms

Examine a nervous system framework for understanding trauma and discover strategies to create welcoming and safe-enough learning spaces.

Event Date: 8/9/23 at 4-5:30pm PT / 7-8:30pm ET

#### Mindfulness and SEL Strategies for You and Your Students

Explore simple mindfulness practices to use as a foundation for SEL instruction with students, and examine how mindfulness supports adult social-emotional competencies and well-being.

Event Date: 9/20/23 at 4-5:30pm PT / 7-8:30pm ET

#### Reimagine Self-Care in the Classroom

Learn simple, powerful strategies to embed mindfulness and self-compassion into daily life and classroom routines to prevent burnout and nurture well-being for both students and adults.

Event Date: 10/11/23 at 4-5:30pm PT / 7-8:30pm ET

#### Communicate for a Change

Disrupt communication habits that leave educators and students feeling drained and disconnected. Learn communication practices that support authentic relationships *and* help you express what you need as an educator.

Event Date: 2/28/24 at 4-5:30pm PT / 7-8:30pm ET

#### How to Build Healing-Centered Schools

Explore a culturally grounded, asset-based approach to create mindful learning spaces that foster collective healing and a sense of belonging and hope.

Event Date: 4/24/24 at 4-5:30pm PT / 7-8:30pm ET

### COMMUNITY PRACTICE

FREE

Monthly live guided mindfulness practice.

[30-Minute Virtual Events](#) | [Free and Offered Monthly](#)

### RETREATS

\$195

#### Mindfulness Retreat for Educators

Nurture well-being and deepen personal mindfulness practice with a half day of practice and connection with other educators.

[5-Hour Virtual Retreats](#)

Retreat Dates: 7/22/23, 1/27/24, 4/20/24 at 8am-1pm PT / 11am-4pm ET

### ELECTIVE COURSES

\$295

#### Self-Compassion for Educators

Dive into the research, practice, and experience of self-compassion. Revitalize your deep motivation for helping others.

[6-Week Virtual Facilitated Course with Live Sessions](#) | [EARN CREDITS](#)

Course Start Dates: 7/13/23, 10/12/23, 1/18/24, 5/16/24

#### Mindful Communication

Transform your communication patterns. Explore how to cultivate trust, cooperation, and collaboration.

[6-Week Virtual Facilitated Course with Live Sessions](#) | [EARN CREDITS](#)

Course Start Dates: 9/21/23, 12/7/23, 3/14/24

# Mindful Schools 2023-2024 Calendar: July - December 2023

		JUL 2023	AUG 2023	SEP 2023	OCT 2023	NOV 2023	DEC 2023
101: Mindfulness Foundations	Start / End		Aug 3 - Aug 30	Sep 14 - Oct 11	Oct 5 - Nov 1	Nov 2 - Nov 29	
	1-Hour Live Session 1pm PT/4pm ET <u>or</u> 4pm PT/7pm ET		Wednesday Aug 16	Wednesday Sep 27	Wednesday Oct 18	Wednesday Nov 15	
101R: Mindfulness Foundations + Retreat	Start / End	Jul 6 - Aug 2					
	1-Hour Live Session 1pm PT/4pm ET <u>or</u> 4pm PT/7pm ET	Wednesday Jul 19 <a href="#">+ Retreat Jul 22</a>					
201: Mindfulness in the Classroom	Start / End	Jul 27 - Sep 20	Aug 24 - Oct 18	Sep 28 - Nov 22	Oct 26 - Dec 20	Nov 9 - Jan 10	
	1-Hour Live Sessions 1pm PT/4pm ET <u>or</u> 4pm PT/7pm ET	Mondays Aug 7, Sep 11	Tuesdays Sep 5, Oct 3	Mondays Oct 16, Nov 13	Tuesdays Nov 7, Dec 5	Mondays Nov 27, Dec 18	
Elective Courses	Course Start / End	Self-Compassion Jul 13 - Aug 23		Communication Sep 21 - Nov 1	Self-Compassion Oct 12 - Nov 22		Communication Dec 7 - Jan 24
	1-Hour Live Sessions 4pm PT/7pm ET	Mondays Jul 24, Aug 7, Aug 21		Wednesdays Oct 4, Oct 18	Mondays Oct 23, Nov 6, Nov 13		Wednesdays Dec 20, Jan 10
Workshops	90-Minute Event 4-5:30pm PT/ 7-8:30pm ET		Trauma-Sensitive Classrooms Wednesday Aug 9	Mindfulness and SEL Strategies Wednesday Sep 20	Reimagine Self-Care in the Classroom Wednesday Oct 11		
Retreats	5-Hour Retreat 8am-1pm PT/ 11am-4pm ET	Summer Retreat Saturday Jul 22					
Community Practice	30-Minute Practice 4pm PT/7pm ET	Wednesday Jul 5	Wednesday Aug 2	Wednesday Sep 6	Wednesday Oct 4	Wednesday Nov 1	Wednesday Dec 6
Summer Intensives	<i>Available for School &amp; District Teams Only</i>  <i>See page 9</i>	<i>201 Course: Live Intensive</i> <i>Build a Culture of Mindfulness: Leadership Intensive</i>					

# Mindful Schools 2023-2024 Calendar: January - June 2024

		JAN 2024	FEB 2024	MAR 2024	APR 2024	MAY 2024	JUN 2024
101: Mindfulness Foundations	Start / End		Feb 8 - Mar 6	Mar 7 - Apr 3		May 2 - May 29	Jun 13 - Jul 10
	1-Hour Live Session 1pm PT/4pm ET <u>or</u> 4pm PT/7pm ET		Wednesday Feb 21	Wednesday Mar 20		Wednesday May 15	Wednesday Jun 26
101R: Mindfulness Foundations + Retreat	Start / End	Jan 11 - Feb 7			Apr 4 - May 1		
	1-Hour Live Session 1pm PT/4pm ET <u>or</u> 4pm PT/7pm ET	Wednesday Jan 24 <a href="#">+ Retreat Jan 27</a>			Wednesday Apr 17 <a href="#">+ Retreat Apr 20</a>		
201: Mindfulness in the Classroom	Start / End	Jan 25 - Mar 20	Feb 29 - Apr 24	Mar 28 - May 22	Apr 25 - Jun 19	May 23 - Jul 17	Jun 27 - Aug 21
	1-Hour Live Sessions 1pm PT/4pm ET <u>or</u> 4pm PT/7pm ET	Mondays Feb 5, Mar 4	Tuesdays Mar 12, Apr 16	Mondays Apr 8, May 6	Tuesdays May 7, Jun 4	Mondays Jun 3, Jul 1	Tuesdays Jul 9, Aug 6
Elective Courses	Course Start / End	Self-Compassion Jan 18 - Feb 28		Communication Mar 14 - Apr 24		Self-Compassion May 16 - Jun 26	
	1-Hour Live Sessions 4pm PT/7pm ET	Mondays Jan 29, Feb 12, Feb 26		Wednesdays Mar 27, Apr 17		Mondays Jun 3, Jun 10, Jun 24	
Workshops	90-Minute Event 4-5:30pm PT/ 7-8:30pm ET		Communicate for a Change Wednesday Feb 28		Build Healing- Centered Schools Wednesday Apr 24		
Retreats	5-Hour Retreat 8am-1pm PT/ 11am-4pm ET	New Year Retreat Saturday Jan 27			Spring Retreat Saturday Apr 20		
Community Practice	30-Minute Practice 4pm PT/7pm ET	Wednesday Jan 3	Wednesday Feb 7	Wednesday Mar 6	Wednesday Apr 3	Wednesday May 1	Wednesday Jun 5





# Let's Build Something Great Together

## Get started!

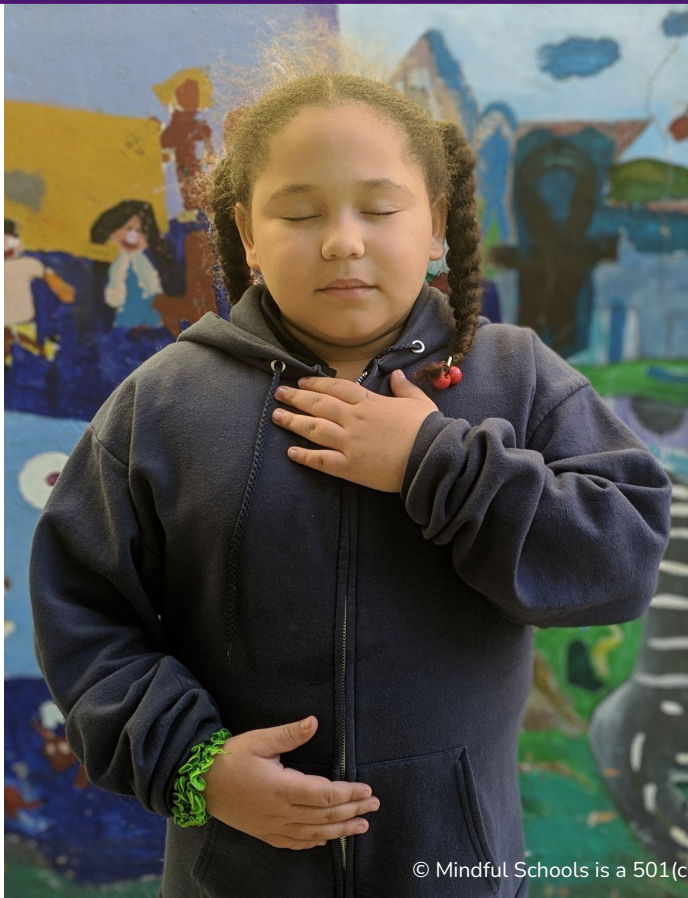
**Mindful Schools** has 15 years of experience and draws from the growing body of research in the field of mindfulness in education.

We know how to support schools in building sustainable and effective mindfulness programs. Connect with our team!

I'm Ready!



visit [www.mindfulschools.org/training/groups](http://www.mindfulschools.org/training/groups)



If your initial group is smaller than 10, register your participants quickly and conveniently with a Credit Card payment at [www.mindfulschools.org](http://www.mindfulschools.org)

Register for 101



Register for a Workshop



Registering a small group with a Purchase Order?

Read P.O. Instructions

