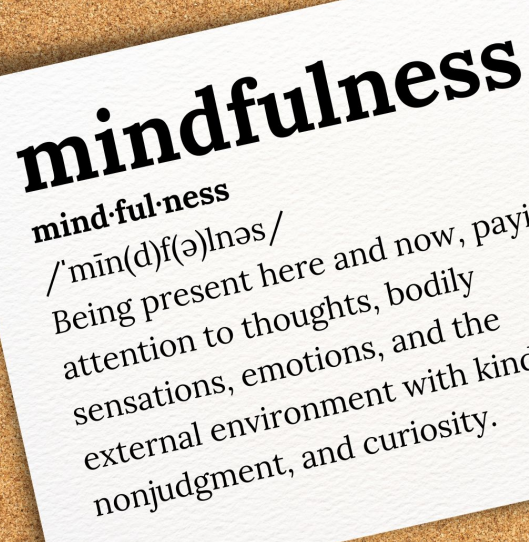




2023-2024 Program Catalog

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

www.mindfulschools.org



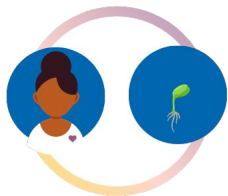
Our mission is to empower educators to spark systemic change from the inside out by cultivating awareness, resilience, and compassionate action in their communities.

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

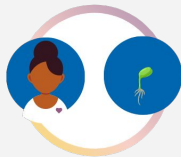
ADD-ONS:

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.

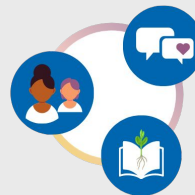


EXPLORE MINDFULNESS

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

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 | | 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 + Retreat Jul 22 | | | | | |
| 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 | Tuesdays Nov 28, Dec 19 | |
| 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 | Varies | 201 Course: Live Intensive Jul 18 - Jul 27 | | | | | |
| | | Build a Culture of Mindfulness: Leadership Intensive Jul 19 - Jul 22 | | | | | |

| Mindful Schools | | 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 + Retreat Jan 27 | | | Wednesday Apr 17 + Retreat Apr 20 | | |
| 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!

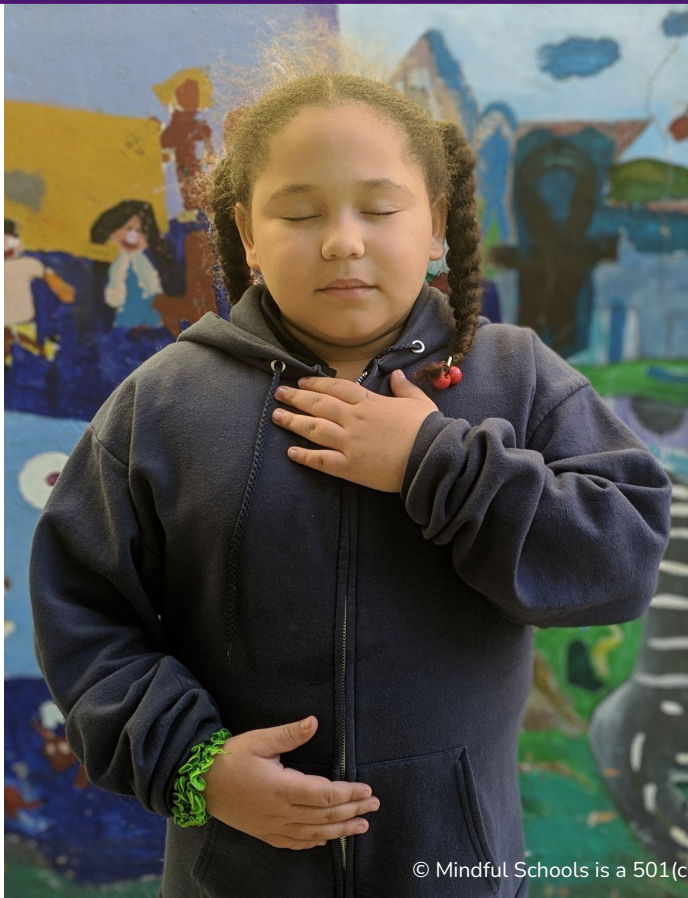
Mindful Schools has 15 years of experience and draws from the growing body of research in the field of mindfulness in education.

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



If your initial group is smaller than 10, register your participants quickly and conveniently with a Credit Card payment at www.mindfulschools.org

Register for 101



Register for a Workshop



Registering a small group with a Purchase Order?

Read P.O. Instructions

