

Professional Learning Sessions

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equality, Diversity, and Inclusion

BEGINNING WITH THE EDUCATOR

There is a cost for being a helping professional (educator, counsellor, psychologist, social worker, nurse, etc.) where we bear witness and experience the pain of others day after day. If you are always taking care of others, make yourself an "other" so that you are included.

Professional Learning Sessions for Educators and Helping Professionals are designed to improve health and well-being, providing essential self-care tools. Participants can achieve immediate benefits for themselves and receive support implementing mindfulness skills in their both their personal and professional life.

Mindfulness is a foundation for education; it supports all pedagogical approaches.

Through lecture, demonstration, & experiential guided instruction, our workshops examine how mindfulness practice and support those working with children and youth.

CUSTOMIZED SESSIONS

The workshops are experiential and participatory, offered in real time delivery. They are customized to fit the time tables of the participants involved.

All sessions explore:

- What is Mindfulness?
- What is the relevance to Education?
- What are the benefits?
- How is it practiced?
- How to implement it into both personal and professional life using a trauma sensitive approach

Customized Themes:

- A Taste of Mindfulness for Helping Professionals: Introducing Mindfulness
- Mindfulness — A Foundation for Teaching and Learning
- Introducing Self-care and Self-compassion practices
- Cultivating Self-Regulation Skills & Techniques
- How to Teach Mindfulness to Kids or Teens

PD for Educators & Helping Professionals



A Mindful Culture in Education Can:

Enhance

- personal mental health

Reduce

- stress for both children, youth and staff

Support

- emotional regulation and resilience

Improve

- focus and concentration through the cultivation of present-moment attention

Develop

- the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others

Encourage

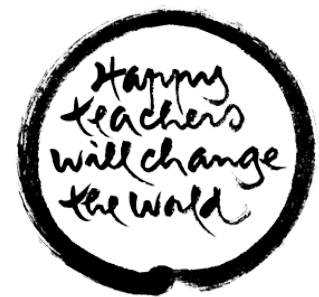
- empathy, compassion and sense of community

Provide

- skills for life

Cultivate

- relationships with self & others



Practice Mindfulness
Everyday®



www.mindfulness everyday.org

LEARN MORE HERE



Your Teachers

Our mindfulness workshops are delivered by experienced teachers, each with a strong background and practice.

PD for Educators
& Helping Professionals



HEIDI BORNSTEIN, RP, co-founder and director of Mindfulness Everyday, has an extensive background in mindfulness, yoga and meditation. She is the co-creator and teacher for The Mindful Edge®— Stress Reduction and Life Strategies for Teens delivered as part of the curriculum in high schools. Heidi is certified in MBSR (Mindfulness-Based Stress Reduction), Hatha Yoga, Meditation, SMART education – Stress Managements and Resiliency Techniques for Educators (SMART) and is an Instructor for the University of Toronto, School of Continuing Studies.



NATALIA FISTER is a retired high school teacher, with 30 years experience. Natalia pioneered a credited yoga and mindful-ness course in high school for the York Region District School Board (YRDSB): grade 11/IDC30 “Mindful Yoga and the Art of Happiness” course and a grade 12/IDC4U “Mindful Yoga and the Philosophy of Well-ness” course. She is a certified facilitator for SMART. She has facilitated numerous professional development workshops for educators and is an Instructor for University of Toronto, School of Continuing Studies.



STEPHEN CHADWICK co-founder of Mindfulness Everyday, is a retired public school teacher with three decades of teaching experience with the TDSB (Toronto District School Board), specializing in working with Children with Special Needs and ESL. Steve has received his certification as a Yoga Ed Instructor for Working with Those At-Risk as well as his Level II Curriculum Training of Mindful Schools. Stephen is certified in MBSR (Mindfulness-Based Stress Reduction) and SMARTeducation facilitator.



ANGELA VENTRICE has been an Ontario certified educator with the York Region District School Board for over 28 years and is our Director of Educational Programming. Her experience includes a background in Special Education, as well as a Specialist in Guidance. Angela has seen the positive results of mindfulness in the school community and is dedicated to bringing mindfulness to educators, children, youth and their families. Angela is a certified SMARTeducation Facilitator.

Interested in booking? Curious to learn more? Pricing Information?

Contact us!

angela.ventrice@mindfulness everyday.org

**We look forward to supporting you.
All our programs can be delivered remotely or in-person**

Mindfulness Everyday, a registered Canadian Charity # 83693 3507 RR0001. Our programs are based on the principles of the MBSR (Mindfulness-Based Stress Reduction) evidence-based program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.