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MINDFULNESS FOR EDUCATORS

Co-Hosted By

SANFORD HARMONY™
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OUR MONTHLY **WEBINAR SERIES**

Thought leaders in education sharing topics to inspire the best teaching and support social emotional learning

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You will receive a recorded version after the webinar and you can watch at any time.

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TODAY'S GUEST SPEAKER

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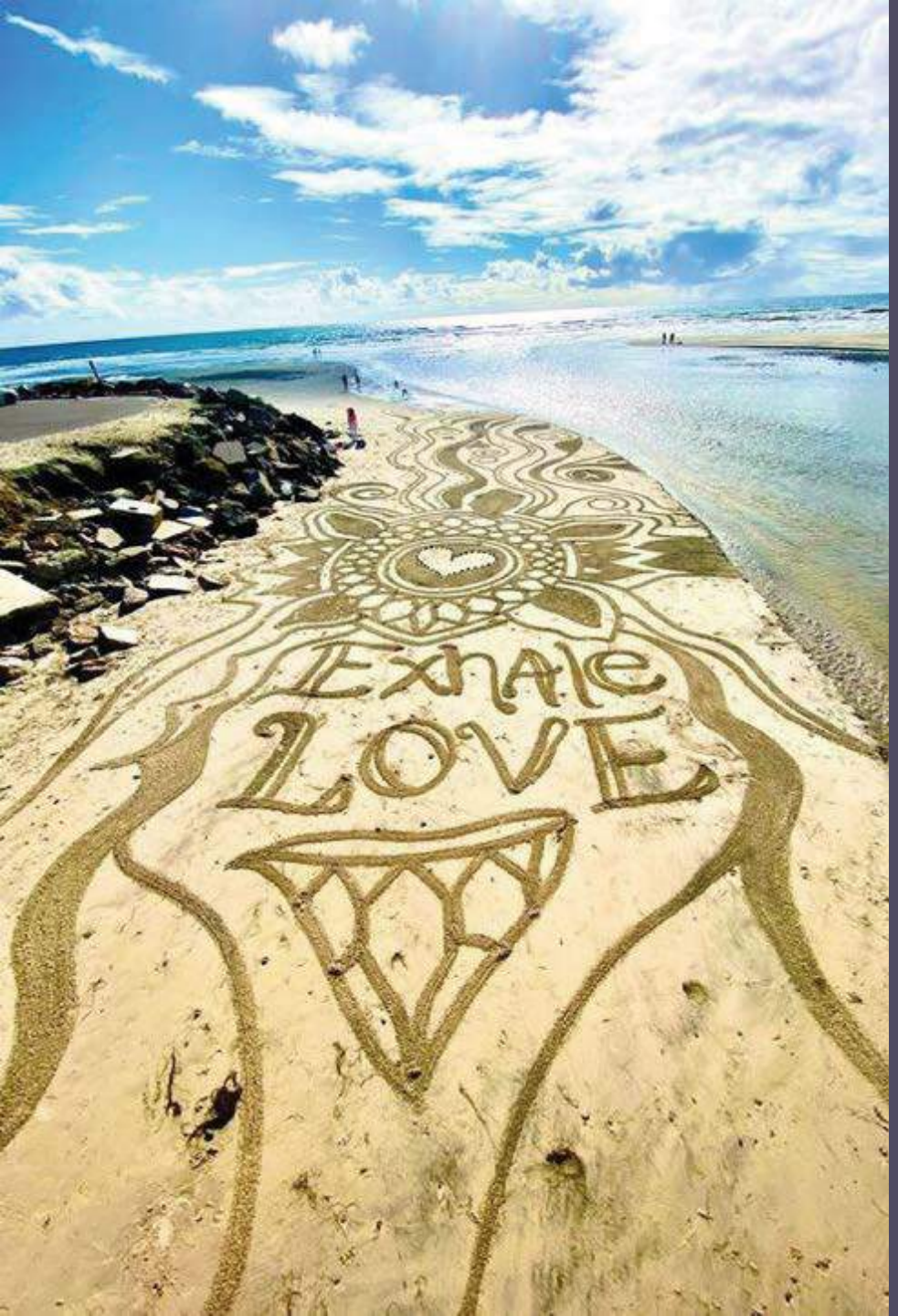
MINDFULNESS FOR EDUCATORS :

Navigating Our New Reality

MINDFULNESS OVERVIEW WEBINAR AVAILABLE at
https://www.youtube.com/watch?v=wSq3t1LyX4E



Welcome!

We all have a lot on our mind...

Let's take a moment to calm our minds a bit...

Mindful Moment Debrief

- What was the experience like?
- How do your mind feel now?
- How does your body feel now?
- Any insights or thoughts you'd like to share?

How could you use this at work or at home throughout the day?

The Present Moment

"The present moment is the only time over which we have dominion."

- Thích Nhất Hạnh

Our approach today

Defining mindfulness

intentional attention

Let's see where we're at...

A different approach

Who/what is receiving your attention in a given moment?

Why is mindfulness challenging?

*What barriers **most** get in your way of being mindful?*

Being more mindful

There is no magic elixir

But, maybe there is

1. *Understand*
2. *Develop structures*
3. *Deliberate practice*

Understand

Reflect.

Think.

Collect data.

Ask questions.

Develop structures

Plan.

Schedule.

Be daring.

Don’t go at it alone.

Deliberate practice

Experiment.

Let go of need for results.

Set aside time.

Do your best.

Value the journey.

Have fun.

Repeat.

Where are you in your mindful journey?

MINDFULNESS IN OUR NEW REALITY

- Set structures and boundaries
- Remember we need connection and intentionally make it happen
- Invest in self-development

BE KIND TO YOURSELF AND OTHERS

- Remember we are ALL experiencing fight, flight, or freeze– some of us seem to OVERreact and some seem to UNDERreact

- We are all going through an adjustment reaction

More strategies to bring mindfulness to your day

- *Prepare* instead of just show up
- Beginning with the end in mind
- Utilize transition moments to build in mindfulness
- Encourage moments of reflection for yourself and others
- Ensure a balance between challenges and resources

Your Questions

Ask away!

For more mindfulness and leadership strategies, check out my *Psychology Today* Blog:

At the Leading Edge

Thank you

LEADING WITHOUT EGO

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DON'T MISS OUR NEXT WEBINAR

April 26th, 10am-11am PST

Strategies For Supporting Diverse Learners

Leah Juelke

2019 Sanford Teacher Award State Winner, North Dakota

Thank you

GET INSPIRED.

Follow Up Survey Will Be Sent To You – We Appreciate Your Feedback

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