

Fall 2018 Session Location TBD	
Monday, October 15	4 - 6pm
Monday, October 22	4 - 6pm
Monday, October 29	4 - 6pm
Monday, November 5	4 - 6pm
Wednesday, November 14	4 - 6pm
Monday, November 19	4 - 6pm
Saturday, November 24	9am-3pm
Monday, November 26	4 - 6pm
Monday, December 3	4 - 6pm
Classroom Support	
Monday, January 7	4 - 6pm
Monday, January 21	4 - 6pm
Monday, January 28	4 - 6pm

Winter 2019 Session Location TBD	
Thursday, January 17	4 - 6pm
Thursday, January 24	4 - 6pm
Thursday, January 31	4 - 6pm
Thursday, February 7	4 - 6pm
Wednesday, February 13	4 - 6pm
Thursday, February 21	4 - 6pm
Saturday, February 23	9am-3pm
Thursday, February 28	4 - 6pm
Thursday, March 7	4 - 6pm
Classroom Support	
Thursday, April 11	4 - 6pm
Thursday, April 25	4 - 6pm
Thursday, May 2	4 - 6pm

MINDFULNESS FOR EDUCATORS



Mindfulness

paying attention,
on purpose,
in the present moment,
and non-judgmentally.

Fall 2018
Winter 2019



Questions?

Contact Lisa Baylis
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"I was shocked the first time I tried it. I couldn't believe that the ringing of a singing bowl and breathing three breaths could have such an affect. My learners (half of whom are very high energy) were calm and alert for 10 minutes. I know that this method is effective as I am seeing it in action!"

PARTICIPANT WINTER 2017

WHY MINDFULNESS FOR EDUCATORS?

Teaching mindfulness to youth is significantly enhanced and more effective when it stems from a base of personal practice. Mindfulness for Educators course will help participants develop a personal mindfulness practice to deepen self-awareness, lower stress and increase overall well-being. A commitment to daily home practice is required during the course in order to embody the concepts learned.

This highly participatory and supportive program will include:

- Guided instruction in mindfulness practices
- Teaching and discussion
- Daily assignments to enhance awareness in everyday life
- A personal practice workbook, guided practices online

MINDFULNESS COURSE FORMAT

8 classes from 4:00-6:00 pm and one Saturday from 9:00 am-3:00 pm
(see back panel for dates)

CLASSROOM SUPPORT

After completing the 8 week personal practice course educators will participate in 3 classroom support sessions from 4:00-6:00 pm.

Each session will include a personal practice, and will focus on developing tools, language and ideas for bringing mindfulness, SEL and Core Competency assessment into the classroom.

If you are interested in participating in this course you must attend the information session that will be offered on
September 24th from 4:00 to 5:00pm
at Richmond Elementary

MEET YOUR FACILITATORS



Stephanie Curran, a practitioner of Acupuncture and Chinese Medicine in Victoria, BC, is a long time practitioner of meditation. She has completed teacher training course work in Mindfulness-Based Stress Reduction (with MBSR founder Jon Kabat-Zinn) and Mindfulness-Based Childbirth and Parenting. As a parent, Stephanie is deeply moved and inspired to share the benefits of mindfulness with children, families and her community. She has completed course work with the Mindful Schools training program and has led many presentations about mindfulness at educator conferences, ProD school events and for PAC groups.



"I feel very fortunate to be part of this program. It has changed the way I look at my own life, how I value life and experiences, and how I can help my students feel connected to their true self and realize their own value"

PARTICIPANT SPRING 2016

Lisa Baylis is a Positive Educator and Counsellor in the Greater Victoria School District at Esquimalt High School. She offers workshops that bring tools and strategies to educators in order to help them create wellness habits for themselves and the students in their classrooms. She has presented at conferences locally, provincially and internationally about positive education and teacher wellbeing. Lisa has completed the Mindful Schools curriculum and is passionate about teaching mindfulness to educators. As a parent, whose children are in the public school system, she is a strong advocate for enhancing educator's well-being and self awareness.

