

Why Your School or District Should Invest in a Mindful Teacher

We recognize that there are many kinds of investment schools can make with their professional development funds. At Mindful Schools, we believe that investing in a Mindful Teacher at your school is among the most beneficial ways to allocate resources because of the benefits for your staff, all of the students with whom they work, and your larger school community.

The [Mindful Schools Mindful Teacher Certification Program](#) has empowered a new generation educators and school leaders to positively shift learning environments and pioneer the path toward building mindful schools. These mindful schools are learning environments that support every educator and child realize their fullest potential.

GROW THE INDIVIDUAL TEACHER'S CAPACITY

As part of the Mindful Teacher Certification Program, educators develop a very deep, daily personal mindfulness practice. The benefits of this show up not just in how they teach students mindfulness, but in all of their instruction, as well as all of their interactions with students, colleagues, and parents. Among other things, a Mindful Teacher:

- **Is less subject to burn-out**; more able to tolerate the discomfort, challenges, and setbacks inherent in teaching; and more resourced to care for their needs
- **Is less reactive** and more compassionate, patient, and kind in their interactions and relationships
- **Is more present** to what is going on in their classroom and has less of a sense of time-urgency
- **Is more attuned** to the challenges of fragmented attention and prepared to help others manage distraction

See Emerson et al (2017) and Jennings (2011 & 2013)

TURNKEY AND GROW YOUR SCHOOL'S CAPACITY

The Mindful Teacher in your school will be able to:

- **Offer mindfulness classes** to students in their own classroom or push in to other teachers' classrooms as a specialist. They can do this either in a finite series of class meetings, or in an ongoing fashion throughout the entire school year.
- **Turnkey their knowledge** by offering staff PDs or Parent Workshops like "Introduction to Mindfulness in Education," "Self-Care for Teachers and Youth Providers," "The Science of Attention & Focus," or "Mindfulness and SEL."
- **Support faculty and staff** in growing their own mindfulness practice or self-care routine.
- **Partner with you to design a strategy** for whole-school or whole-district implementation that is based on best practices in mindfulness and mindfulness in education.

HIGHEST QUALITY PD

The Mindful Teacher training is designed *for* teachers *by* teachers. It is designed to be challenging, relevant, and engaging in ways that many of the PD experiences we've had over our years and education is not.

- **Participants gain tangible takeaways for their classroom** and their school in each module
- **This training draws on best practices in education** for a highly reflective and collaborative experience.
 - As part of our Teaching Lab, participants are asked to regularly try new techniques and reflect on their own teaching, share demo videos with their peers and receive feedback, and provide constructive feedback to their peers.
 - As a result of this training, graduates in this program will be familiar with several workshopping and feedback protocols that can serve as the basis for a “Critical Friends Group” or “Professional Learning Community.”
 - Upon graduation, participants enter the most robust alumni network in this field; Mindful Teacher alumni support one another through ongoing debate and dialogue about best practices, resource-sharing, as well as cheerleading for those who are the only mindfulness teacher in their building. Graduates of this program take part of the program with them as they move forward.
- **This training curates the literature and introduces participants to the most relevant and important thought leaders in the field** through both our monthly readings and our live webinars. As a discipline, Mindfulness in Education is only about a decade old, and the number of publications about this field has grown exponentially in each of those years.
- **This program ensures that teachers are teaching from their own experience**, since the highest indicator of quality mindfulness instruction is the depth of the teacher's own personal mindfulness practice. (We wouldn't ask a teacher who can't read music to lead the band, and we wouldn't ask a teacher who only speaks English to teach French III.)

The Mindful Teacher program is an investment that can have far-reaching effects beyond just the group of staff members who participate in the program. Even one Mindful Teacher can radically change the culture of a school.

We invite you to contact us directly at certification@mindfulschools.org if we can provide you with more information about the merits and benefits of this program – for its participants and for all of the stakeholders in your school or district whose lives they will impact. Please consider investing in a Mindful Teacher and help us bring about a world in which every student is given the tools they need to be resilient, to self-regulate and pay attention, and to act intentionally and compassionately.

For more on the benefits of Mindfulness in Education see: www.mindfulschools.org/about-mindfulness/mindfulness-in-education/



MINDFUL TEACHER

The Mindful Schools Year-Long Certification Program

Deepen your personal practice. Transform your ability to share it with others.

Our Mindful Teacher Certification Program is designed for educators and school leaders who are passionate about deepening their personal mindfulness practice and gaining the skills and experiential training to effectively share mindfulness practices across audiences in their school communities.

This immersive year-long experience has empowered a new generation Mindful Teachers to positively shift learning environments and pioneer the path toward building mindful schools. Our 2019-2020 program marks Mindful Schools' *seventh* year of guiding educators in their work to create mindful learning environments that support every educator and child to realize their fullest potential.

Program Overview

In our blended learning model, the Mindful Teacher program begins and ends with in-person residential retreats. In between retreats is our intensive 10-month, 300-hour virtual training program.

The Retreat Experience

- **Mindfulness practice:** Multiple days in silence guided by experienced teachers
- **Professional development:** Workshops, skills and community building

The Virtual Learning Experience

- **Live Calls with Faculty:** Discussions, lectures, guided sits, and Q&A formats
- **Live Calls led by Guiding Teachers:** Work and connect with a small cohort group throughout the year
- **Live Expert Guest Speakers:** Field experts offer lectures and workshops
- **Online Content:** Instructional videos, readings, and assignments
- 3-5 hours per week; most live sessions are recorded and may be reviewed later

Learning Modules

The Mindful Teacher year-long journey is supported by a diverse and interdisciplinary team of highly skilled and experienced teachers working at the intersection of mindfulness and education. Our faculty offers many decades of mindfulness teaching experience, as well as a wide variety of backgrounds and interests such as self-care and compassion, stress and resilience, the body and movement, neuroscience and the brain, trauma and special needs, curriculum and lesson design, classroom application, and more. Participants are guided through the following modules.

Embodied Teaching	Deepening personal practice, understanding nervous system architecture, establishing intention
Establishing Relevance	Talking with stakeholders
Creating the Container	Building relationships, behavior and classroom management
Teaching the Mindfulness Lesson	Adapting lesson variants by age group
Making Adjustments	Difficult conversations, challenging relationships
Science and Research	Scientific literacy, neurobiology of meditation, positive neuroplasticity
Mindfulness as Intervention	Clinical considerations, mental health, anxiety and depression, trauma, special populations
Inclusivity and Social Justice	Implicit bias and working across identities
Logistical Practices	Business practices, program evaluation, building ongoing lessons and programs
Complementary Frameworks	Social emotional learning, positive education, restorative justice, whole-school implementation

The Mindful Teacher Certification

An educator certified through this program may refer to herself/himself as a Mindful Schools Certified Mindfulness Instructor (CMI) and guide basic mindfulness practices in a school or in the context of her chosen field of work. Specifically, Mindful Schools CMI's will be qualified to:

- Use the Mindful Schools K-12 curriculum to adapt mindfulness programs
- Teach adults the fundamental practices and principles of mindfulness
- Lead professional development efforts related to mindfulness practice
- Support efforts to design a mindfulness program for school communities

Additional Program Details

Graduate Credits

Educators may receive up to 15 graduate level credits. [Details](#)

Retreat Dates and Locations

Western U.S. Retreats

- Location: Shambhala Mountain Retreat Center in Red Feathers, CO
- Opening Retreat Dates: June 22 – 27, 2019
- Closing Retreat Dates: June 20 – June 25, 2020

Eastern U.S. Retreats

- Location: Garrison Institute in Garrison, NY
- Opening Retreat Dates: June 30 – July 5, 2019
- Closing Retreat Dates: July 12 – July 17, 2020

Program Fees

Standard tuition for the year-long Mindful Teacher Certification program is \$5,875. The tuition does not include travel and retreat accommodations which are purchased separately. Early-Bird, Scholarships, and Payment Plans are available.

Questions?

Find more details on our website at www.mindfulschools.org/MT or email us at certification@mindfulschools.org and we'll be happy to help answer any of your questions.

Program Testimonials



"It is an honor to have had the opportunity to be certified and not one that I take lightly. I feel in so many ways that the year-long was at once a culmination and a beginning for me. It helped me reach a depth of my practice I hadn't experienced before. It has made me a better teacher – focusing on really embodying the practice, learning from the expertise in the mindfulness community, being a better listener and more present as a teacher and colleague."

The connections I made to peers in this like-minded community have been invaluable. My cohort friends are in touch on a daily basis regarding the work, the practice, etc. It is a source of tremendous comfort and inspiration for me and I know it will be for years to come. I am a better person, practitioner, and professional because of my connections with them. It is a true network, where everyone supports one another and so we rise together. "

- Amiee Peri, 3rd Grade Teacher, Class of 2017