## Mindful Communication

**Course Syllabus**

### Week 1:
**Mindful Communication & Innate Presence**
- 3 Foundations of Mindful Communication
- 4 Components of Attention
- The Role of Presence

*Practice: Bringing Presence to Communication*

### Week 2:
**Human Needs & the Intention to Understand**
- Working with Intention
- Cultivating the View of Human Needs
- Listening for What Matters

*Practice: Sensing Needs*

### Week 3:
**Handling Feelings**
- The Role of Emotion
- Defining Feelings, their Origin and Purpose

*Practice: Hearing and Expressing Feelings*

### Week 4:
**Empathy**
- What is Empathy
- Completing the Cycle of Communication
- Styles of Empathy

*Practice: Three Forms of Empathy*

### Week 5:
**Observations & Judgments**
- Defining and Making Observations
- The Ladder of Inference
- Translating Judgments, and Evaluations
- Feedback, Praise, and Gratitude

*Practice: Discerning Observations*

### Week 6:
**Requests and Agreements**
- Exploring Requests
- Connection and Solution Requests
- Making Agreements
- Saying and Hearing “No”

*Practice: Making Requests*

### Week 7:
**The Flow of Dialogue**
- Tracking Skills
- The Locus of Attention
- Speaking Succinctly

*Practice: Using Tracking Skills*

### Week 8:
**Challenging Situations**
- The Nervous System and Handling Reactivity
- Preparing for Difficult Conversations
- Tools for Difficult Conversations

*Practice: Working with Challenges*
Building capacities for awareness, attention, connection and compassion are essential skills for educators and students of the 21st century. Our research-backed professional development trainings are based on our work in schools and over a decade of experience training educators. Mindful Schools courses empower educators to develop and deepen their mindfulness practice, provide access to K-12 curriculum, and give adaptable strategies to spark positive change in their work with youth.

Educators, start your journey.

**Foundational Courses**

**Mindfulness Fundamentals**
Learn how to develop your personal mindfulness practice and your ability to be fully open, aware, and active in the present moment. Practice alongside fellow educators.

6-week online course
*Register at www.mindfulschools.org/MF*

**Mindful Educator Essentials**
Learn strategies to integrate and adapt mindfulness into your classroom using our research-backed Mindful Schools K-12 Curriculum. *Prerequisite: Mindfulness Fundamentals.*

6-week online course
*Register at www.mindfulschools.org/MEE*

**Continued Learning**

**Mindful Communication**
Transform your communication patterns and explore how to cultivate trust, cooperation, and collaboration to build stronger relationships.

[www.mindfulschools.org/MC](http://www.mindfulschools.org/MC)

**Working with Difficult Emotions**
Learn practices to regulate your emotions and create greater emotional freedom. Based on the latest scientific research.

[www.mindfulschools.org/DE](http://www.mindfulschools.org/DE)

**Certification Program**
Invest in yourself as an educator and change the future of education through our immersive, year-long Certification Program.

[www.mindfulschools.org/MTCP](http://www.mindfulschools.org/MTCP)

Mindful Schools is a 501(c)(3) nonprofit organization. Join us at [www.mindfulschools.org](http://www.mindfulschools.org).