



## Three Elements of Mindful Communication

Communication is a flow of understanding. When we enter conversations with presence (being here and now), it establishes a solid ground for connection.

The more grounded and embodied we are, the more reliably we can know what is true for us and have space to hear others regardless of the circumstances.

To integrate self-awareness into communication we train in Three Foundations of Mindful Communication:

1. **Presence:** grounding our awareness in the body
2. **Intention:** cultivating an orientation in heart to understand our emotions
3. **Attention:** training to focus in specific areas of our experience to gain deeper perspective

### Presence

We define **presence** as: embodied mindfulness; the experience of being aware and connected to the felt sensations of one's body.

Presence establishes a ground for connection in dialogue and provides us with a key for investigating our experience. The more we are fully here, the more options we have to understand ourselves and another. Offering our full presence is a tremendous gift that sometimes can say far more than any words.

Presence is a prerequisite for effective communication, and confers a range of benefits when it is well developed. Presence:

- Forms the basis of training for communication
- Creates the ground for connection
- Offers reliable information about our own and another's experience through observation, intuition and feeling
- Creates choice point for speaking and listening
- Serves as a meter for reactivity
- Provides container for intensity



## Intention

We define **intention** as: the motivation, purpose or aim behind an action or statement.

Intention supports us to know our motivation, including where we are coming from. Without a clear and solid grounding in the intention to connect, to understand, we run the risk of using communication tools to simply repeat old habits of interacting.

**The single most powerful and transformative ingredient in dialogue is the intention to understand.**

Presence and Intention are the key building blocks for Mindful Communication. They support us to understand our orientation in a dialogue. Are we here, present, grounded in the body? Where are we coming from? What's our intention?

## Attention

Through deepening our capacity for paying attention, we are able to notice four basic components of our experience, as taught in Nonviolent Communication.

1. **Observations:** what we see/hear directly, separate from our evaluations or interpretations
2. **Feelings:** our emotions, distinct from thoughts and stories about what others are doing
3. **Needs:** fundamental, universal human needs or values; what matters most in a situation
4. **Requests:** asking concretely and clearly for what might help move things forward

When we pay attention to our experience before and during a conversation, we are able to understand ourselves and our motivations on a deeper level, and we are able to understand the person we are communicating with as well.

The more we understand one another, the easier it is to find solutions that work for everyone. When we come from a place of curiosity and care, we can listen for what matters (the needs present for both) and are able to reach a more peaceful outcome.



## Investing in the social-emotional well-being of school communities

At Mindful Schools, we spark change from the inside out. Our experiential programs focus on educator well-being and professional growth in order to cultivate equitable, joyful learning environments in which every student, educator, and member of the school community can **thrive**.

### Nurturing joyful and equitable learning environments

#### Resilient, Effective Educators

An educator's presence and well-being is foundational to the student learning experience. We support educators to reconnect with their strengths and passion for teaching by providing powerful tools for self-care and practices to become more intentional, grounded, and fully present.

#### Joyful, Engaged Students

Mindful teachers make informed and compassionate choices in their interactions, cultivating inclusive learning experiences and a sense of empowerment and agency in the youth they serve. Students learn practices to manage stress and develop inner-resilience to help navigate their lives.

### Supporting school communities

#### Mindful Schools can support your school to:

- Integrate mindfulness and K-12 curriculum into existing structures, common practices, and norms.
- Use mindfulness to create a foundation for existing school initiatives to become more effective.
- Leverage mindfulness to build on the strengths and values of your school.
- Determine the right approach for your school using the [Mindful Schools Rubric](#).

#### School group rates:

- **Wide Access for 101.** [101: Mindfulness Foundations](#) is currently offered to everyone at a significantly reduced rate of \$65 (reduced from \$195) to encourage greater community participation.
- **Reduced Tuition for 201 and 301.** Qualified school communities receive 15% (\$75) off our [201: Mindfulness in the Classroom](#) and [301: School Implementation Clinic](#) courses.

#### School group services include:

- **Cohort Learning:** We enroll your community members together to encourage greater learning, discussion, and peer support.
- **Specialized Services:** Contact us to learn about the intake process, readiness assessment, and extra LIVE sessions.

*"This is EXACTLY what we needed. I would describe this as the greatest gift principals could provide for their faculty and staff."*

–Maurice, Principal  
SF Unified School District, CA

Please reach out with any questions: [support@mindfulschools.org](mailto:support@mindfulschools.org)

# Educator Training Path: Core Programs

High-touch, high-impact professional development. Educators may apply for and receive graduate credits.

## 101: Mindfulness Foundations

Start with the science of mindfulness and simple yet powerful strategies to bring mindfulness into daily life to manage stress and build resilience.

### COURSE FEATURES

- 4 WEEKS, 2 LIVE SESSIONS
- SCIENCE OF MINDFULNESS
- PRACTICAL EVERYDAY STRATEGIES

UPCOMING

**NOV 6**  
**JAN 7**

## 201: Mindfulness Foundations

Learn how to integrate mindful practices and the revised, research-based K-12 Mindful Schools Curriculum and complete Teaching Kit.

### COURSE FEATURES

- 8 WEEKS, 4 LIVE SESSIONS
- K-12 CURRICULUM & TEACHING KIT
- NEW: BIAS, INCLUSIVITY, TRAUMA, TECH

UPCOMING

**JAN 14**  
**FEB 18**

## 301: School Implementation Clinic

Leaders within your school will begin to guide your organization in creating a whole-school mindfulness program.

### COURSE FEATURES

- SELF-PACED, 6 LIVE COACHING CALLS
- FACILITATE PEER LEARNING
- RESOURCES & EVALUATION TOOLKITS

LIVE CALLS

**JAN 21**  
**FEB 17**

## Mindful Teacher Certification Program

School leaders gain in depth and experiential training to skillfully embody, adapt, and share mindfulness practices across a variety of settings.

### YEAR-LONG PROGRAM FEATURES

- TWO RETREATS, IN-PERSON or VIRTUAL
- SMALL, MONTHLY COHORTS
- INDIVIDUALIZED COACHING & FEEDBACK

APPLY BY

**JAN 5**

## Schoolwide Implementation Program

School leaders become experts on school-wide implementation and bring your mindfulness program to scale. See the [Mindful Schools Rubric](#).

### YEAR-LONG PROGRAM FEATURES

- TWO RETREATS, IN-PERSON or VIRTUAL
- SMALL, MONTHLY COHORTS
- INDIVIDUALIZED COACHING & FEEDBACK

APPLY BY

**JAN 5**

## Elective Courses

### Self-Compassion for Educators

6 WEEKS, 3 LIVE SESSIONS

### Mindful Communication

8 WEEKS, 2 LIVE SESSIONS

### Working with Difficult Emotions

6 WEEKS, 2 LIVE SESSIONS

*“Life affirming and life changing...  
Connected me back to others and  
most importantly to myself. I have  
hope, meaning, and connection.”*

– Kim, School Adjustment Counselor,  
New Bedford School District, MA