

MINDFULNESS FOR TEACHERS

New Date! April 23, 2018



The materials from this highly restorative and informative workshop will focus on deepening educators' practice of mindfulness, with a focus on how to build an effective practice and how to share those tools with students. Teachers will explore evidence pointing to the positive effects of mindfulness including increased lowered stress, greater ability to focus, self-awareness, as well as improvements in physical and mental health. Experiential activities include breathing, visualization and mindful moving techniques. Teachers are provided with many hands on activities and resources to take back to their classrooms and share with students.

The Mindfulness for Teachers workshop will be presented by Joanna Schwartz

Ms. Schwartz is a family counselor and the founder of Toolbox for Teachers. Ms. Schwartz holds a Master's Degree in Education, and a Master's Degree in Counseling with a concentration in holistic studies. Ms. Schwartz's interest in professional development for educators comes from her experiences as a K-8 teacher in Philadelphia.

Date & Time: April 23, 2018, 9:00 a.m. to 12:00 p.m.

Cost: \$106.00 or 4 ETTC Hours

Audience: K-12 Teachers, CST members, Guidance Counselors

Location: SRI&ETTC, 10 W. Jimmie Leeds Road, Galloway, New Jersey

**For more information or to register for this workshop please visit www.ettc.net.
If you need additional information regarding this workshop please call 609-626-3850.**

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