Build a thriving school community

In heart centered mindful school communities, students are given exercises and opportunities to increase their consciousness, demonstrate compassion, build their confidence, and show courage.”

—Mindful School Communities

Benefits

• Benefit from exercises that infuse social and emotional concepts and 21st century skills into academic curriculum across subjects and grade levels.
• Discover ideas for incorporating historical examples of consciousness, compassion, confidence, courage, and community into classwork.
• Learn ways to assess the five Cs elements, including the research-based S-CCATE tool, to provide evidence for what might seem unquantifiable.
• Become familiar with different ways educators have implemented Heart Centered Learning™ in the real world.
• Work with numerous activities and mindsets that foster a mixture of vulnerability and strength and ameliorate trauma.
EXPERTS’ SCHEDULES FILL QUICKLY. DON’T DELAY.

**Michele Rivers Murphy**, EdD, is a seasoned consultant, presenter, and educational leader for both regular and special education. A change agent for over two decades, she has helped transform some of the highest-needs neighborhoods and districts by improving student engagement, school culture, and academic success. Dr. Rivers Murphy’s work specifically addresses the challenges associated with childhood trauma and stress that compromise learning and teaching.

**Christine Mason**, PhD, is an educational psychologist, researcher, consultant, and mindfulness yoga meditation instructor. She facilitates dynamic workshops for educators that incorporate the latest neuroscience research with practical strategies for improving school climate and academic achievement. Dr. Mason also has significant experience as a classroom teacher and college professor and has implemented teacher mentor and school improvement programs in high-poverty urban areas.

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