

COMMUNICATING Mindfully

Professional Development for K-12 teachers and administrators

Communicating Mindfully for Educators

Worth 2 graduate credits through Antioch University New England

Course Description:

Communicating Mindfully for educators introduces participants to mindfulness through the study of mindful communication and emotional intelligence. This 8-week, hands-on, experiential training combines a broad range of communication theory with training in mindfulness-based meditation to help participants identify and modify unproductive habitual patterns of behavior, improve teaching performance, reduce stress and anxiety, and improve wellbeing. Participants may find the course provides a solid foundation for the continued study and practice of mindfulness as they explore ways of integrating mindfulness into their classrooms. (Open to students with a variety of experience in mindfulness, from people with no meditation experience to long-term practitioners.)

Weekly Activities:

Each week, participants explore mindfulness, communication theory, and emotional intelligence through lectures and assigned readings. Participants engage in classroom exercises such as meditation to increase awareness of communication concepts and behavior patterns, while also completing exercises outside of class that encourage active integration of mindful communication in their lives.

Cost:

- Please email Dan Huston to discuss pricing: dhuston@communicating-mindfully.com

Course Development:

This 8-week professional development course was designed by Dan Huston, the creator of the CM curriculum and author of the *Communicating Mindfully* textbook, which is in use at colleges and universities throughout the United States and Australia. Dan is a professor in the English Department at NHTI, Concord's Community College. In 2008, he was awarded NHTI's Chancellor's Award for Teaching Excellence. He regularly presents at national and regional conferences, as well as at public and private institutions.

www.communicating-mindfully.com

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