

COMMUNICATING Mindfully

Studies suggest Communicating Mindfully increases

Mindfulness
Communication Skills
Emotional Intelligence
Emotion Regulation

School systems are communities with unique opportunities and challenges: A variety of ages and personalities need to cooperate to complete complex tasks in a context replete with professional, family, and social stressors. Managing these pressures in a manner that promotes learning and connection is vital to the success of any school culture. The study of mindfulness can help.

During this course, teachers and administrators apply the study of mindfulness to their communication with others, personally and professionally. This learning often extends to the broader school community. Participants have been inspired to explore ways to incorporate mindfulness into their teaching, and the Communicating Mindfully course can be adapted for high school students. As educators and students within a school system practice mindful communication, the school culture shifts, reducing unproductive judgment of oneself and others, while increasing caring and cooperation.

Testimonial:

"Education is a profession where we all tend to give to and take care of others. It was nice to be able to focus on ourselves this time around. Ironically, providing the kind of self-care this course teaches also makes us better able to attend to others. I am now more present when having family dinners, for instance. In the classroom, I find myself practicing patience when a lesson doesn't go the way I envisioned. Communicating Mindfully for Educators was just the thing for me at just the right time."

--Deidre Smith, M.Ed.
Literacy Coordinator
Title 1 Project Manager
Hopkinton School District

8-week course

2.5 hours per week

2 graduate credits

(Available through Antioch University)

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"Mindfulness is paying attention to your life, here and now, with kindness and curiosity."--Amy Saltzman
