

2021 Spring Sessions Online

Thursday, March 11 Mandatory information session
3:30-4:30pm - [Link for Zoom Here](#)

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| Thursday, April 8 | 4 - 6pm |
| Thursday, April 15 | 4 - 6pm |
| Thursday, April 22 | 4 - 6pm |
| Tuesday, April 27 | 4 - 6pm |
| Thursday, May 6 | 4 - 6pm |
| Thursday, May 13 | 4 - 6pm |
| Saturday, May 15 | 9am - 3pm |
| Thursday, May 20 | 4 - 6pm |
| Wednesday, May 26 | 4 - 6pm |
| <i>Classroom Support Online</i> | |
| Wednesday, Sept 22 | 4 - 6pm |
| Wednesday, Oct 6 | 4 - 6pm |
| Wednesday, Oct 20 | 4 - 6pm |

Graduate Sessions are for past participants that have completed the Mindfulness for Educators program.

Graduate Sessions Online

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| Thursday, April 15 | 4 - 5pm |
| Thursday, May 13 | 4 - 5pm |
| Saturday, May 15 | 9am - 3pm |
| Thursday, June 10 | 4 - 5pm |

To register for graduate sessions email: bayliscurren@gmail.com

Mindfulness for Educators Virtual Program

Spring 2021



Mindfulness for Educators Program (M&P)

Teaching mindfulness to youth is significantly enhanced and more effective when it stems from a base of personal practice. Mindfulness for Educators program will help participants develop a personal mindfulness practice to deepen self-awareness, lower stress and increase overall well-being. A commitment to daily home practice is required during the course in order to embody the concepts learned.

This highly participatory and supportive program will include:

- Guided instruction in mindfulness practices
- Teaching and discussion
- Daily assignments to enhance awareness in everyday life
- A personal practice workbook, guided practices online



Facilitators

Stephanie Curran, a practitioner of Acupuncture and Chinese Medicine is a long time practitioner of meditation. She has completed teacher training course work in Mindfulness-Based Stress Reduction (with MBSR founder Jon Kabat- Zinn) and Mindfulness-Based Childbirth and Parenting.

As a parent, Stephanie is deeply moved and inspired to share the benefits of mindfulness with children, families and her community. She has completed course work with the Mindful Schools training program and has led many presentations about mindfulness at educator conferences & ProD school events. and for PAC groups.



Lisa Baylis is a Positive Educator and Counsellor in GVSD at Esquimalt High School. She offers workshops that bring tools and strategies to educators in order to help them create wellness habits for themselves and the students in their classrooms. She has presented at conferences locally, provincially and internationally about positive education and teacher wellbeing. Lisa has completed the Mindful Schools curriculum and is passionate about teaching mindfulness to educators. As a parent, whose children are in the public school system, she is a strong advocate for enhancing educator's well-being and self awareness.

Program Format

8 classes from 4:00-6:00 pm and one Saturday from 9:00 am-3:00 pm (see back panel for dates)

Classroom Support

After completing the 8 week personal practice program educators will participate in 3 classroom support sessions from 4:00-5:00 pm. Each session will include a personal practice, and will focus on developing tools, language and ideas for bringing mindfulness, SEL and Core Competency assessment into the classroom.

If you are interested in participating in the spring program you must attend the information session that will be offered on THURSDAY, MARCH 11 FROM 3:30-4:30PM
[Click here for the link to the Zoom](#)