



MASTER
CLASSES

The EmpowerED Series™

MindfuelED

Promoting a Mindful Approach to Learning
Dr. Carrie Symons



Practicing mindfulness can cultivate our ability to be present with one another so we can listen and communicate with an awareness of how our words and actions might affect other people.

Mindfulness is giving one's complete attention to the present moment in an open and non-judgmental way. **For students;** mindfulness can support learning by helping them focus their attention, prepare to learn, check-in with themselves, reduce stress, and calm their minds. **For educators;** simply taking a few moments to sit, breathe with intention, and become conscious of their state of mind can promote relaxation and feelings of well being.

Learning Goals

- Define mindfulness and the valuable role it can play in schools
- Engage in mindful practices for self-care and stress management
- Explore strategies that embed mindfulness practices in an effective way to promote student-centered learning and improve concentration

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