

Comprehensive Mindfulness in School Package:
Hartford Mindfulness Center

Purpose:

We seek to offer practical, highly effective mindfulness training and practices to staff and students, that will directly result in the development and sustainment of social/emotional skills that are essential for student access to optimal academic achievement in the school setting.

Our Team:

As part of the Hartford Mindfulness Center, We bring a variety and breadth of educational, professional work and related experience in the areas of mindfulness and/or education, training and school-based practices. Collectively, we bring expertise in the following area: training for corporations/businesses/other workplace professionals, teaching in the University/College setting, Licensed clinical social work and school social work, elementary teaching, founding and operation of non-profit sector,

What We Offer:

-Comprehensive, specific mindfulness curriculum and practice for staff, students and parents

-Didactic and experiential mindfulness training for school staff and administration/central office staff

-Coaching and facilitation to implement specific elements of our mindfulness trainings and curriculum/programs in your school district, to bring about the following results in staff and students:

- *Increased, focused attention and availability to learn
- *Increased emotional regulation and functioning
- *Reduced aggression, violence and other behaviors requiring staff intervention
- *Increased self-awareness and self-management
- *Increased empathy
- *Increased acceptance and understanding of others
- *Increased sense of calm and ability to choose effective solutions for stress