



TIME—All Workshops

Registration: 8:00am—8:30am

Workshop: 8:30am-3:30pm

DATES/LOCATIONS:

■ October 13, 2015

CESA #1

N25 W23131 Paul Road, Suite 100

Pewaukee, WI 53072

Contact: Christine Kleiman CESA #7
(920) 617-5465

ckleiman@cesa7.org

■ November 3, 2015

CESA #7

595 Baeten Road

Green Bay, WI 54304

Contact: Christine Kleiman CESA #7
(920) 617-5645

ckleiman@cesa7.org

■ January 21, 2016

CESA #9

304 Kaphaem Road

Tomahawk, WI 54487

Contact: Lynn Verage, CESA #9
(715) 453-2141 Ext. 228

lverage@cesa9.org

■ January 22, 2016

CESA #6 Conference Center

2300 State Road 44

Oshkosh, WI 53904

Contact: Jackie Schoening, CESA #6
(920) 236-0515

jschoening@cesa6.org

■ February 2, 2016

Rescheduled to April 7, 2016

CESA #11

225 Ostermann Drive,

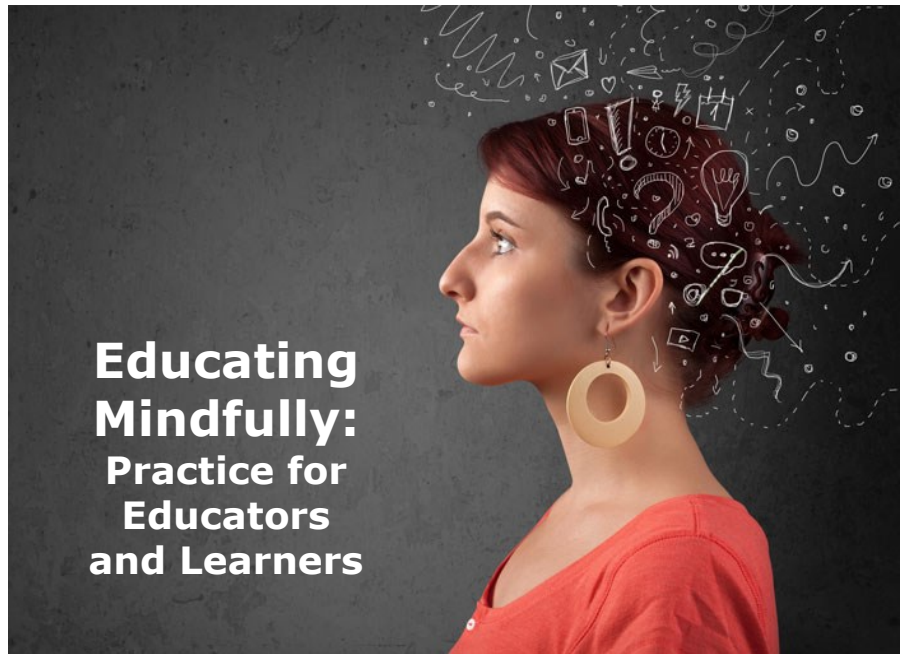
Turtle Lake, WI 54889

Contact: Carol Zabel, CESA #10
(715) 720-2145

czabel@cesa10.org

SIGN UP NOW!

Limit of 30 participants
per workshop



Educating Mindfully: Practice for Educators and Learners

Educators and students alike face many daily challenges, with increasing demands on our time, attention, and health. An environment conducive to student learning starts with educator self-care and the cultivation of mindful presence in educational practice. Mindfulness is a research-based approach for improving attention, self-regulation, mood, and interpersonal relationships. Participants in this workshop will learn and practice several mindfulness strategies for personal, small group, and classroom use to support a mindful learning climate.

By the conclusion of the workshop, participants will:

- Demonstrate understanding of the research-based benefits of mindfulness practice related to health, well-being, and education
- Practice mindful approaches for educator and student well-being
- Develop a plan for maintaining a personal mindfulness practice
- Develop a plan to integrate mindfulness-based practices in the school setting

Participants:

PreK-12 educators, School Counselors, Social Workers, Special Education Teachers, and School Psychologists

Registration Questions:

Mary Devine (608) 786-4800; mdevine@cesa4.k12.wi.us

Register Online:

Pewaukee: www.myquickreg.com/event/event.cfm?eventid=13025

Green Bay: www.myquickreg.com/event/event.cfm?eventid=13026

Tomahawk: www.myquickreg.com/event/event.cfm?eventid=13027

Oshkosh: www.myquickreg.com/event/event.cfm?eventid=13028

Turtle Lake: www.myquickreg.com/event/event.cfm?eventid=13029

Cost: \$120/per person (Lunch and snacks provided)

Payable to: CESA #4

Send Payment to:

CESA #4 ATTN: Mary Devine, 923 East Garland Street,
West Salem, WI 54669—PLEASE include and clearly define: Participant
name, exact name of workshop, and date, with all checks or purchase
orders. Thank you!