



Heart-Thoughtful Mindfulness®

Wellness Workshops for the Educational Community

Interactive workshops tailored for each school provide participants with a blueprint for developing heart intelligent, *well rounded and grounded individuals* to decrease stress and instill more positive social-emotional behaviors. Strategies used may include Positive Psychology, Mindfulness and Breath-work, Emotional Regulation, and Brain Balancing for faculty and staff to use for their own self-care and share with their students. Research and practice in schools across the nation show mindfulness habits help adults and children become strong and resilient as they develop authentic relationships with themselves and others.

Participants who use the techniques to cultivate Heart-Thoughtful Mindfulness® practices will:

- Be calmer and improve their emotional states
- Become more stress hardy & have more energy
- Handle situations more patiently
- Practice mindfulness for clarity and choice
- Feel more satisfied with their jobs
- Assist their students to practice mindfulness

Students who use the techniques will:

- Calm their minds and bodies more easily
- Decrease impulsive behavior more skillfully
- Focus and concentrate more readily
- Become more empathetic and compassionate

"I have been using the bell and pretzel hand breathing trick in class, and I have seen the kids calm down. They look forward to the meditation time after recess."

~~ Jennifer Polis

Teacher – Plato Academy Palm Harbor

"After attending Mrs. Rysdon's workshop, I implemented a few of the mindfulness techniques in our classroom. I have found that after a transition time, such as coming in from lunch, using one of these techniques helps students to calm their minds and prepare to move forward with the day."

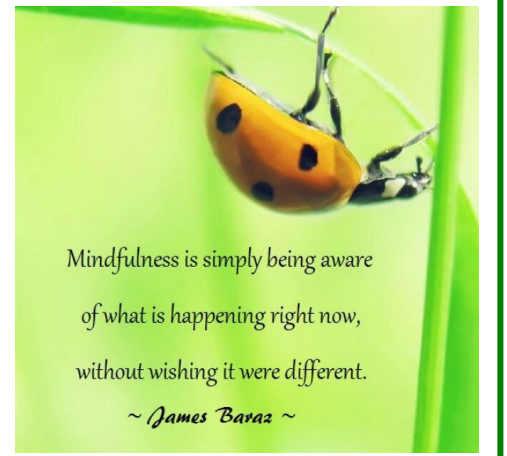
~~ Jennifer Scott

Gifted Teacher - Tarpon Springs Fundamental Elementary School

"Upon leaving the Mindfulness workshop, I felt more relaxed, and positive overall. After using some of the techniques with my students, I've noticed more focus, kindness, and positive attitudes in our classroom."

~~ Lisa Montie

Wellness Champion and Classroom Teacher - Tarpon Springs Fundamental Elementary School



Mindfulness is simply being aware
of what is happening right now,
without wishing it were different.

~ James Baraz ~

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Jan, a retired educator of ESOL, composition, and public speaking, is a PCSB volunteer, stress management consultant, and hypnotist.

Creating happy hearts and healthy lives!



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Bonnie has a background in teaching and counseling and currently is a professional life coach and children's author.

Hope, Connection, and Wonder!



A 2013 study conducted by the University of Wisconsin's Center for Investigating Healthy Minds (CIHM) "suggests that training teachers in mindfulness not only reduces burnout but also improves their performance in the classroom."

~~Vicki Zakrzewski,

Greater Good: The Science of a Meaningful Life
2 Oct. 2013

http://greatergood.berkeley.edu/article/item/can_mindfulness_make_us_better_teachers

Fees to be negotiated.