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# MINDFULNESS

## Professional Development Proposal

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### Executive Summary

Ivy Child International's (Ivy Child) professional development program provides mindfulness education to institutions seeking to create a healthy, harmonious, productive, and innovative environment. It is designed to encourage educators/administrators to develop and strengthen a personal practice and integrate mindfulness into their work and life. Programs can be customized to serve the specific needs and interest of your school or district.

## Mindfulness in the School

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### What is Mindfulness?

Mindfulness is the practice of being aware, awake, alert in the present moment with ourselves and our surroundings; using breath as the anchor. Deep breathing exercises and self-reflection allow us to pause and respond skillfully to any given circumstance. Combined with meditation and movement, mindfulness helps individuals cope with stress, regulate their emotions, and adopt healthy habits.

### Why is it needed?

Stress is a serious problem for educators, staff, and students worldwide. Research shows it causes anxiety, illness, burnout, fatigue, memory loss, inability to focus, impulsivity, irritability, trouble sleeping, etc. When left unmanaged, students and teachers experience poor health, decreased performance, reactivity, and negative relationships.

### Why is it beneficial?

Mindfulness in education is proven to:

- Boost productivity, focus, attention, and memory.
- Improves self-regulation and emotional intelligence.
- Increase body awareness and mental clarity.
- Strengthen the muscles and immune system.
- Reduce and manage stress.
- Increase engagement, morale, and performance.
- Bring a greater sense of unity and sustainable health practices to the classroom.

The effects of mindfulness, when practiced diligently, can be immediate and long-term.

## The Proposed Program

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All programs can be tailored to your site. Program topics include, but are not limited to:

- Introduction to Mindfulness and Self-Care for Teachers and Staff
- Mindfulness and Movement Strategies in the Classroom
- Building a Mindful Classroom and the Mindfulness Multiplier Effect
- Developing Teacher and Student Mindfulness Ambassadors
- Mindful Leadership and Performance
- Creating a Mindful School Culture

Our goal is to help individuals develop a higher quality of well-being, productivity, and balance in all aspects of their work and life.

## About Ivy Child

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### Who We Are

Established in 2011, Ivy Child International (Ivy Child) is a Massachusetts-based nonprofit devoted to universal mindfulness in education. Currently Ivy Child has served over 30,000 children and families through our campus, community, and professional development programs in Massachusetts and New York. Our Mindfulness-Based Learning (MBL) curriculum brings together meditation, deep breathing, creative movement and the arts to help build resilience, self-regulation, and healthy habits for life.

### Vision

To develop mindful leaders who engage responsibly and impact global social change, creating a culture of peace.

### Mission

To enhance the social and emotional well-being of children and communities by recognizing their multicultural needs using mindful education and positive psychology as a uniting force to inspire resilience and leadership.

## Request a Customized Program

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For more information or to discuss your customized program and pricing options, please contact:

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