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# MINDFULNESS

## PROFESSIONAL DEVELOPMENT PACKAGE

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### **Executive Summary**

Ivy Child International's professional development program provides mindfulness education to academic institutions/organizations and systems seeking to create a healthy, harmonious, productive, and innovative environment. We are committed to providing faculty and staff with the tools to develop a system-wide practice that can be integrated into school culture and daily life. Programs can be customized to serve the specific needs and interest of your school or district.

## Mindfulness in Education

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### What is Mindfulness?

Mindfulness is the practice of being aware, awake, and 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 focus, attention, and memory.
- Enhance performance and productivity.
- Reduce and manage stress.
- Improve self-regulation and emotional intelligence.
- Increase body awareness, healthy practices, and mental clarity.
- Strengthen the immune system.
- Increase engagement and morale.
- Improve relationships.
- Bring a greater sense of unity, compassion and inclusion to the classroom and workplace.

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

## The Methodology

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Schools, districts, and agencies providing educational programs can benefit from fostering: mindful wellness, leadership skills to enhance performance, and inclusive cultures of caring, compassionate, and mindful behaviors in their faculty, staff and the students they serve. Ivy Child International offers a series of Professional Development seminars designed to introduce mindfulness strategies that help support a self-sustaining and expanding mindfulness environment. Our recommended introductory seminars are:

1. Introduction to Mindfulness and Wellness Strategies
2. Mindfulness Strategies and Interventions in Education
3. Mindful Leadership and Performance
4. Creating a Mindful School Culture
5. Building Mindful Spaces in the Classroom
6. Developing Mindfulness Ambassadors and the Mindfulness Multiplier Effect - How can YOU multiply mindfulness?

For schools and educational systems that already embrace and support mindfulness trainings for your faculty and staff, we can provide additional tools and themes to help you further integrate Mindfulness Based Learning (MBL) into the classroom and school environment. Such themes include:

1. Stereotype Threat, Growth Mindset and Visioning- Mindfulness and the Classroom Environment.
2. A's of Mindfulness – Awareness, Acceptance, and Appreciation
3. B's of Mindfulness – Breath, Balance, and Belonging
4. C's of Mindfulness – Concentration, Creativity and Compassion
5. Mindful Reading and Writing – Connecting to The ELA Standards
6. Mindful Mathematics – Connecting to The Math Standards
7. Mindfulness and The Scientific Method – Connecting to The Science Standards
8. Multicultural Mindfulness– Connecting to History, Social Science and Foreign Language Standards
9. Mindful Music, Art, Dance and Theater – Connecting to The Arts Standards
10. Mindfulness in The Digital Age – Connecting to The Digital Literacy Standards
11. Assessing Mindfulness – Instruments and Analysis
12. Reporting on Mindfulness in The Classroom and Planning for Mindfulness Showcase.

We work in collaboration with our partners to create and customize additional themes based on your needs, interests, and objectives. All sessions offer participants an interactive experience that combines lectures, group discussion and activities, journaling, self-reflection, mindfulness plan creation, and the opportunity to practice mindful movement, breathwork, meditation, and other mindfulness exercises. Our goal is to help individuals use mindfulness to develop a higher quality of well-being, productivity, and balance in all aspects of their work and life.

### Frequency and Duration

At Ivy Child, there is no *one size fits all* model. We provide programs ranging from single day workshops to full day retreats to monthly sessions for an entire year. We can also provide a keynote or speaker at your next conference, retreat, or other event. Our goal is to help you develop a program that suits your needs. We also do not place a cap on the number of people that can attend a session or program.



## About Ivy Child

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### Who We Are

Ivy Child International (Ivy Child) is a Massachusetts-based 501(c)(3) nonprofit that provides mindfulness education to children, families, and professionals in diverse educational systems and communities. Our Mindfulness-Based Learning (MBL) curriculum encourages social-emotional learning through a combination of creative movement, meditation, deep breathing exercises, and the arts. All programs are culturally-tailored to each site and population and provide participants with mindful tools to: increase awareness and focus, improve self-regulation, manage stress, build resilience, cultivate social and emotional intelligence, and develop healthy habits for life. To date, Ivy Child has provided over 160 campus, community, and professional development programs to more than 27,000 children, families, and adults.

### Vision

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

### Mission

To provide universal mindfulness education to children and communities, prioritizing urban populations and their multicultural needs.

## 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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