

A Well-Trained Mind: Social Emotional Awareness for Educators

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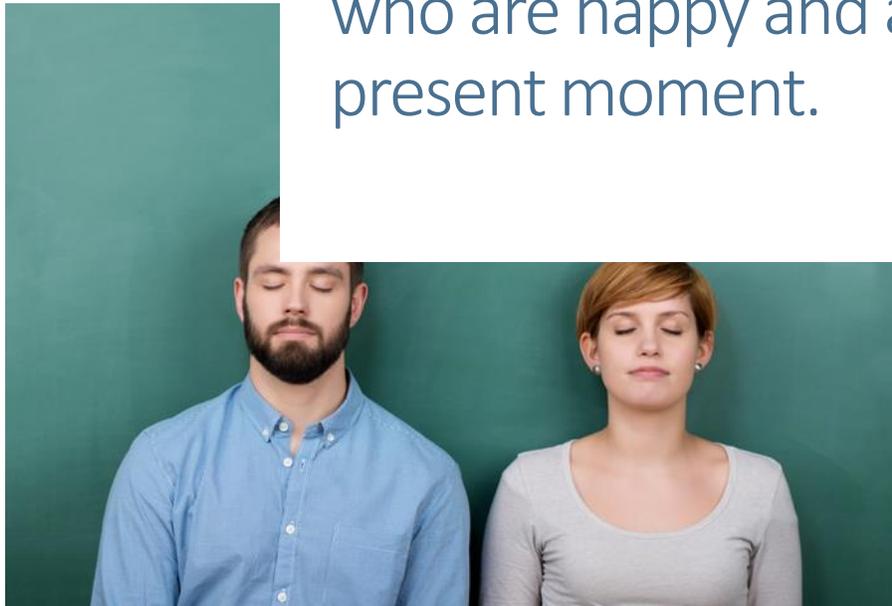
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Anyone Overwhelmed?

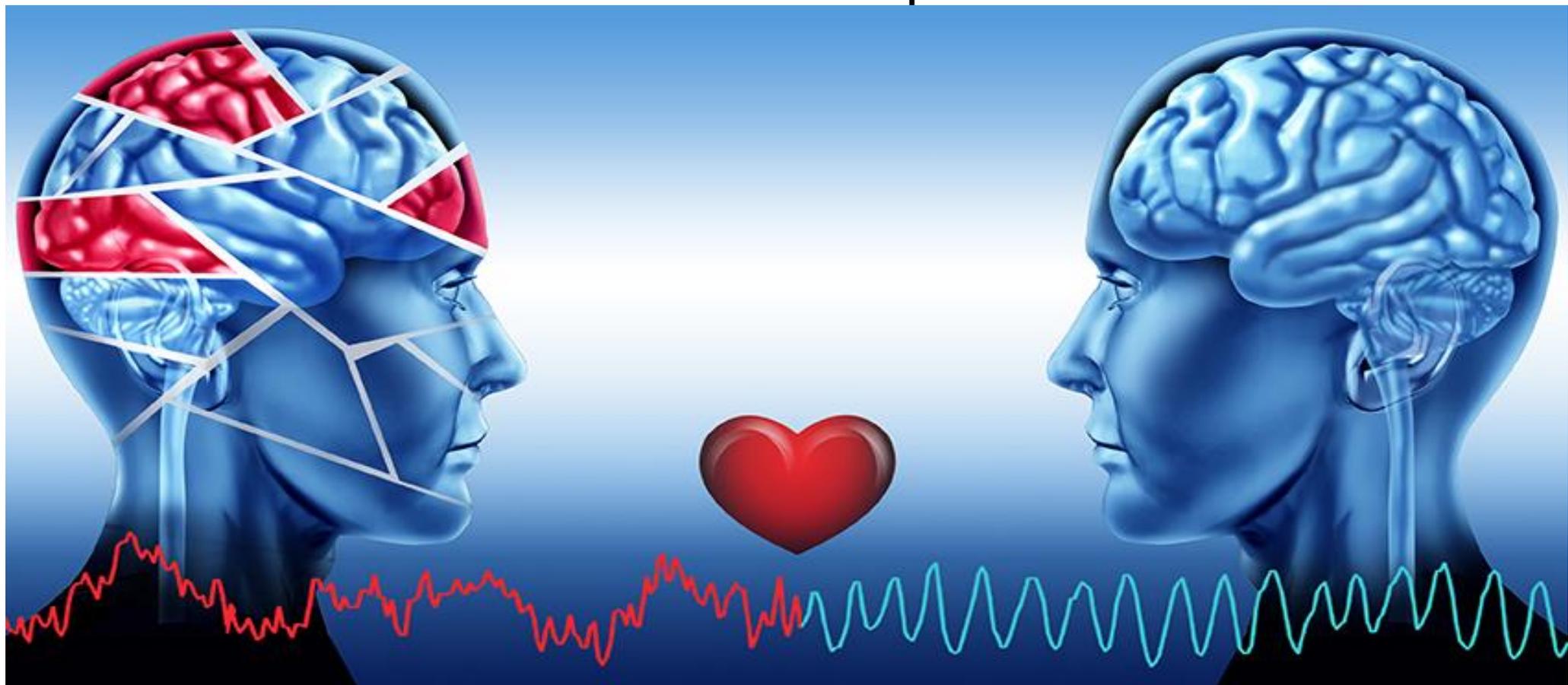




Creating healthy, happy optimistic schools begins with teachers, leaders, and parents who are happy and able to live in the present moment.



Heart Coherence Technique



Trauma Informed Education Workshop



Brain Based Interventions



The ACE's Coalition



Mindfulness and Self Regulation



Cognitive Behavioral Intervention



Music in the Classroom

SEL Certificate- Projected for 2020

Social and Emotional Learning in the Classroom

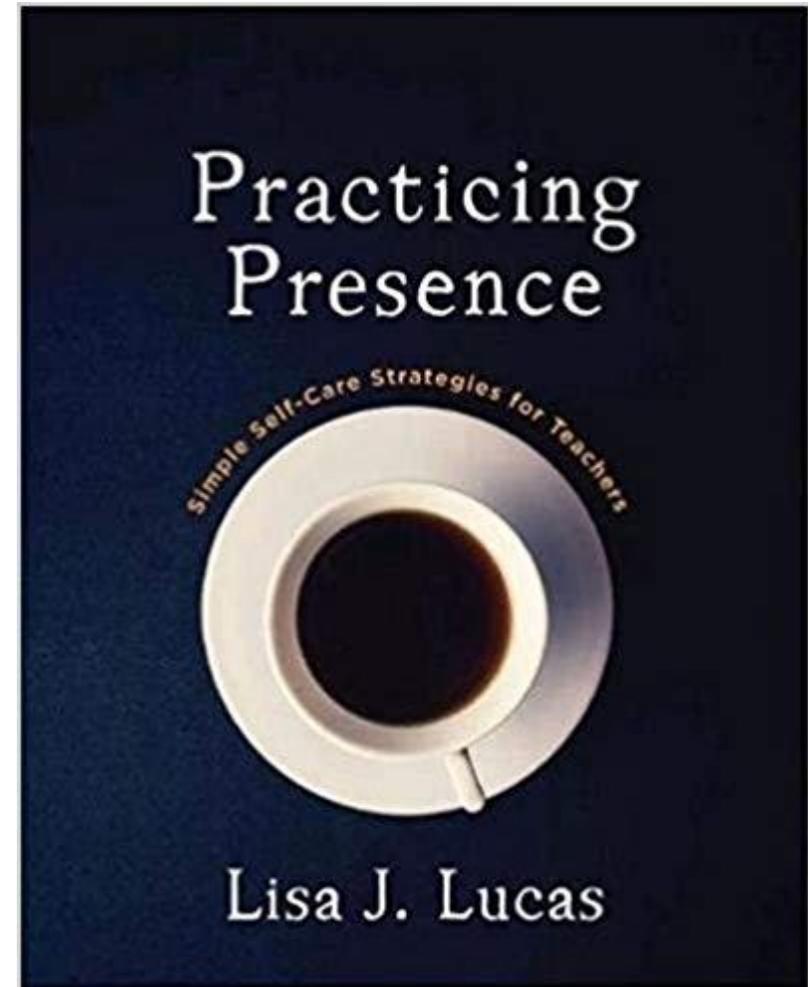


Practitioners will learn how to intentionally cultivate a caring, participatory, and equitable learning environment using evidence-based practices that actively involve all students in their social, emotional, and academic growth. This approach infuses social and emotional learning into both the educators and the students' lives—during all times of the school day, and when they are in their homes and communities.

Practicing Presence: Simple Self-Care Strategies for Teacher. 1st Ed

Ideas, exercises, checklists, personal anecdotes, and practices teachers can use to reframe and establish a mindset that will enhance focus and engagement in the classroom.

* Discussion Guide
available for PLC's



VoicEd Radio:

<https://voiced.ca/project/practicing-presence/>

Coaching Consultations
Laser Coaching with Lisa:
Look for the Light



Practicing Presence
Simple self-care strategies for Teachers.

with
Dr. Lisa Lucas
#PracticingPresence

voiced.ca
Your voice is right here!

Wellness in Winter: A Time to Pause, Rest and Restore

December 29, 10-4 at Tyler Arboretum



Lectures on:

- Sleep & Restoration
- Neuroplasticity & Epigenetics
- Intention Setting for 2020
- Compassion Practices

Experiential Activities:

- Mindful Movement
- Nature Walk & Birding
- Massage & Meditation
- Journaling & Reflecting

What does every student need in order to be well-adjusted and happy?



A well-adjusted, mindful teacher that fosters a climate in which students can learn, dream, create, and be themselves.

www.PracticingPresence.Life



@Pathstomindfulteaching



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