



PLN Bootcamp:

Mindfulness in Education

Join Facilitator Jenny Mills and Other Educators in Professional Learning.

Students, teachers, and administrators experience pressures to perform with rising expectations and ever-changing standards. Educators must find a way to remain balanced, calm, and positive while managing an ever-increasing workload. Mindfulness, the simple act of being present - moment-by-moment - is an age-old practice whose benefits are now backed by brain science. Participants learn simple, mindfulness-based techniques to help re-energize their capacity to teach, learn, and lead schools while managing day-to-day stress.

We will explore age-appropriate practices that integrate PLN's Four Lenses of Learning that promote self-regulation, emotional awareness and behavioral control. Participants will leave with tools they can easily implement the very next day.

*Based on the PLN coursework: *PLN IIB: Re-Energizing Our School Communities: Mindfulness-Based Strategies to Support Teaching and Learning.*

Date

Wednesday, March 20, 2019
1:00 p.m. - 4:00 p.m.

Location

Catalyst @ Penn GSE
3440 Market Street, Suite 500
Philadelphia, PA 19104

Limited Space!

Register by
March 1 to confirm
your spot!

Bootcamp Costs:

\$ 95 (plus processing fee)

REGISTER:

<http://bit.ly/PLNmindfulness>

www.gse.upenn.edu/pln