

**You're
invited**

2016-17 Specific Learning Disability Affective Competencies Series, Part 2: Mindfulness Institute

BENEFITS OF MINDFULNESS

PRACTICE:

- Stress reduction
- Anxiety reduction
- Emotional regulation/
decreased reactivity
- Improved memory
- Cognitive flexibility
- Improved attention
- Increased empathy
- Increased self-compassion
- Reduction in burn-out

WHAT: A series of five, four hour trainings in which participants will expand their awareness of the research-based benefits of mindfulness practice, actively experience mindful awareness through a variety of practices, develop a foundation for sustaining a personal mindfulness practice, and learn strategies to cultivate a safe and responsive learning environment that will foster academic achievement. Additional strategies will be introduced for integrating mindfulness practices with youth and will include specific connections for students with learning disabilities. Content will connect to the five core Social and Emotional Learning (SEL) competencies with a focus on the refinement of mindfulness skills including observing, describing, acting with awareness, non-reactivity, and non-judgment of inner experience. Registrants will be expected to complete pre and post surveys, 5 brief event evaluation surveys, as well as collect and report individual data.

WHO: The institute is limited to 50 individuals. General and special educators, administrators, instructional leaders/coaches, and special service providers who support students with Specific Learning Disability are welcome to register.

WHEN & WHERE: Denver Metro Area, Monthly from January-May 2017. Please see below for details.

	Date	Time	Location
1	January 10, 2017	8:00 AM – 12:00 PM	Adams 12 Conference Center
2	February 7, 2017	12:00 PM – 4:00 PM	Adams 12 Conference Center
3	March 7, 2017	8:00 AM – 12:00 PM	Adams 12 Conference Center
4	April 4, 2017	12:00 PM – 4:00 PM	Adams 12 Conference Center
5	May 2, 2017	8:00 AM – 12:00 PM	To Be Announced

REGISTRATION FOR MINDFULNESS INSTITUTE: To register for the Mindfulness Institute, complete the following form:

https://www.surveymonkey.com/r/SLD_ACS_P2

Registration will close automatically on January 2, 2017 at 5pm or when the limit of 50 registered participants is reached.

ABOUT THE PRESENTER: Julie Pata, MSW has been a practitioner and student of mindfulness for 30 years. [To learn more about Julie click here!](#)

ADDITIONAL DETAILS: Meals and beverages will not be provided. Upon completion of all components of the institute, participants will receive 25 CDE training hours.

Please contact Amanda Timmerman for any ADA accommodations that will be needed.

Please visit
www.cde.state.co.us/sd-sld
for more information.

Or you may contact
Jill Marshall,
Marshall_J@cde.state.co.us
or
Amanda Timmerman,
Timmerman_A@cde.state.co.us