A Well-Trained Mind: Social Emotional Awareness for Educators

Dr. Lisa J. Lucas
Department of Early & Middle Grades Education
CESW
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
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.
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
Coaching Consultations
Laser Coaching with Lisa:
Look for the Light
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.