

Self Care for Educators

Audience: K-12 Educators
Instructors: Kathleen Brophy & Dr. Adam Diliberto
Dates & Times: Monday, August 15, Wednesday, August 17, Thursday, August 18, 2016 from 9:00 AM – 3:15 PM; Thursdays, September 15, 22, 29, October 6 & 13, 2016 from 4:00 – 6:15 PM
Location: TEC Professional Learning Center in E. Walpole
Cost: \$380 TEC Members / \$430 Non-TEC Members
Earn: 26 PDPs
Grad. Credit: 2 credits from Worcester State University for an additional \$200, payable at the first class

Mindfulness for Teachers

SIMPLE SKILLS for
PEACE and PRODUCTIVITY
in the CLASSROOM



Course Description: We have all had our difficult teaching days when everything seems to converge on us! It is important for educators to take care of themselves on those – and all – days. Learn how to practice mindful behavior – to take care of yourself. Participants in this course will be exposed to and practice various self-care techniques. Basic mindful awareness skills (for instance mindful listening) will be presented and participants will learn how emotions affect their work as educators. Various yoga styles and meditation techniques will be presented and participants will have opportunity to practice those skills.

Please purchase a copy of Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia Jennings.

About the Instructors: **Dr. Adam Diliberto** is the Academic Coordinator, Bridge Program, Wellesley High School, a program that helps students re-integrate to school after mental health and medical absences. His doctoral dissertation studied the experiences and values (both personal and professional) of the Cultivating Awareness and Resilience in Education (CARE) retreat for educators. He has taught self-contained classes, co-taught, and case-managed students. Adam is very interested in bringing mindfulness to K-12 education settings with the hopes of teaching teachers and students skills to become aware of their emotions and reduce stress.

Kathleen Brophy is a Fitness & Health Teacher, Wellesley High School. With degrees from Boston College, Bridgewater State University and Cambridge College, she has taught for 24 years. She was the 2015 MAHPERD (Massachusetts Association for Health, Physical Education, Recreation and Dance) high school teacher of the year and is the SHAPE America 2016 Eastern District Teacher of the Year.

To register: Go online to http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, **along with a check or PO**, to:

TEC Professional Development, 141 Mansion Drive, Suite 200, E. Walpole, MA 02032

Please register me for “Self Care for Educators” beginning on 8/15/16!

TEC Member District: \$380

Please circle the TEC member district in which you work:

Canton Dedham Dover/Sherborn Framingham Holliston Hopkinton Medfield Millis Natick Needham Norwood Walpole Wayland Westwood

Non-TEC Member District/Private School: \$430

Name: _____ School: _____

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