

# Well-Bean

## PROFESSIONAL DEVELOPMENT OPTIONS

Below you'll find an overview of the professional development trainings that I have offered educators from early childhood through high school. I have found that sequentially, these topics naturally build on each other and help educators develop a better awareness and understanding of children's behavior (and their own) that supports a more mindful, nurturing and effective learning environment for everyone.

**"Have you Considered the Brain?"** Participants will become familiar with the neurodevelopmental model of the brain using the the work of Becky Bailey's Conscious Discipline program and Dan Siegel's Whole Brain Child. The training will challenge educators to consider a child's brain state when assessing behavior and determining effective interventions for responding to a child's needs.

**"Equanimity During Chaos"** When little people are overwhelmed with emotion, an adult's internal state, presence and mindful awareness is the first step in helping that child with regulating their own system. This training provides an introduction to mindfulness so that educators may develop practices that help build self-awareness so that they may consciously manage their own thoughts and emotions, making them more available to help children learn to do the same.

**"Yoga & Mindfulness in the Classroom"** Self-regulation happens in the body, that's why intentional movement such as yoga and teaching mindful awareness of the body and breath have such profound effects on children's ability to focus, calm themselves and filter sensory information. Participants will gain a better understanding of why movement based practices and mindfulness exercises taught and practiced in the classroom can help prime students for learning. This workshop inspires educators to bring simple movements, breathwork, meditation and relaxation practices into the classroom.