

# Mindfulness Foundations Training

January 7, 14, & 21  
4:30-7:30pm

IN-PERSON @ LANE ESD

ATTENTION  
PLEASE

Due to new expenditure guidelines from the state, the WREN is no longer able to provide stipends to educators solely for attending professional development. **Consequently, you will not receive a stipend for attending this professional learning opportunity\*.** However, we have covered all training fees to ensure high-quality professional learning remains free for educators in the region.

**\*Completing Mindfulness Foundations Training is a pre-requisite for a future community of practice exploring how to bring the principles to students in the classroom environment.**

## About the PD

Join us **in-person** for a **three-session Mindfulness Foundations Training**, led by facilitators trained by Oregon Mind Body Institute (OMBI) to teach Mindfulness Foundations through their Attune-ED model.

Mindfulness is a set of ideas and practices that help many people find greater peace when faced with challenges. Some people find it increases their capacities to meet individual and collective goals. This training seeks to help participants grow in these ways.

If you have previously taken Mindfulness Foundations in your district, this would be a great refresher.

For your participation, you will receive a copy of *Attune-ED: Mental Health Skills for Everyday Life*. Food and beverage will also be provided at each session.

- **Jan. 7th Key Concepts:** Mindfulness, Mental Health, Window of Tolerance, Observer Self, Breath as a way to regulate nervous system and anchor attention
- **Jan. 14th Key Concepts:** Conditioning, Self Compassion, Self Talk
- **Jan. 21st Key Concepts:** Level of Problem vs. Level of Emotions, Feelings Wheel, Name it to Tame it, Over and Underidentification, Top-Down vs. Body-Up Processing



**Register by  
December 12th**

Limited spots available.

Please know that registering does not guarantee you a spot. You will be notified of your placement or waitlist status by **December 19th**.

