



MASSACHUSETTS SCHOOL
ADMINISTRATORS' ASSOCIATION



*An MSAA Professional Development Workshop for: K-12 Regular and Special Educators
K -12, Team Chairpersons, Administrators*

Meditation and Social & Emotional Awareness for Educators



**Featuring Presenter:
Seth Monk**

Monday, December 10, 2018
at the MSAA Office, Franklin

Sign-In: 8:00am-8:30am
Workshop: 8:30am-3:00pm

PD Hours: 6
Content Area: *Safe and Supportive Learning Environments*

Fees: *Member \$215 / Non-Member \$285*

MSAA Contact: pd@msaa.net

In an age of mounting social and academic pressures, both students and faculty are coping with an outbreak of emotionally driven issues including: anxiety, depression, attention issues, prescription medications, drug addiction, and suicide. As the education paradigm begins to shift, awareness is beginning to arrive at a social-emotional curriculum that involves the sharing of tools and practices to help the community de-stress and better manage their emotional affairs. Meditation is the focused cultivation of relaxation, stability, and clarity on the mental and emotional levels.

Participants will:

- Review the destructive nature of stress in the adult and student population.
- Understand the causes of stress and its mentally/emotionally debilitating effects.
- Receive a greater understanding of how the human mind is a tool for healthy or unhealthy focused attention.
- Engage in interactive activities to understand the mind/body connection.
- Review productive and effective ways to train and focus the mind in meditation.
- Engage in a systematic guided meditation.
- Discuss the practical applications and implementation of the practices and understandings in a school setting.

This workshop combines teaching with interactive group activities. Please dress comfortably and bring a mat, a blanket, a cushion to sit upon, and your notebooks.

Seth Monk *is a former Buddhist monk with over a decade of mind training.*

Register online at www.msaa.net

LEADERSHIP MATTERS



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