

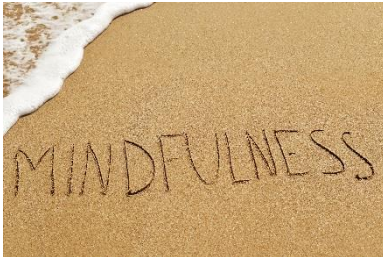


MASSACHUSETTS SCHOOL  
ADMINISTRATORS' ASSOCIATION



*An MSAA Professional Development Workshop for: All preK-12 Educators*

## Mindfulness as a Tool for Emotional Awareness



**Featuring Seaside Educational Consultants Presenter:  
Julie Grimm**

**Wednesday, December 19, 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](mailto:pd@msaa.net)

The need for tools and strategies to appropriately handle emotions is on the rise as students become more stressed out and use unhealthy behaviors to manage their feelings. This workshop will enable teachers to connect to and become more aware of emotions, how they are experienced in the body and what they may mean. Using mindfulness as a key tool, teachers will practice communicating authentically about their experiences, which opens up channels of communication to help better understand themselves and others. Teachers will leave with tools to help students connect to their feelings and effectively manage their emotions. This heightened self-awareness allows for smoother intra-personal relations, less stress and a more positive mood.

**Participants will:**

- Learn about meditation generally and as a tool for mindful expression and interaction.
- Learn about the wisdom of the body, its feelings & emotions.
- Practice relating authentically with self and others.
- Learn about the "symptoms" of destructive emotional patterns.
- Learn about emotional intelligence and how it can transform intrapersonal relations.
- Acquire tools for relating to the self and others authentically.

**Julie Grimm, M.Sc.,** *is passionate about empowering people to bring further joy and energy into their lives. She holds a Master's degree in Neurobiology from the Technion Institute of Technology in Israel, and had the opportunity to teach English at Dianchi College in Southern China. Julie focuses on bringing mindfulness and its benefits of stress reduction, creativity and purpose to schools, healthcare industry and businesses including the Cambridge Innovation Center and Medford Public Schools.*

[Register online at www.msaa.net](http://www.msaa.net)

**LEADERSHIP MATTERS**



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