



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: Elizabeth Cagninelli

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

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.

Elizabeth Cagninelli has 16 years of experience in education, working with children ranging in age from infants to elementary school students. After attaining a B.A. in Psychology from the University of Connecticut, she began her career in Early Childhood Education, training in a Pedagogy Reggio Emilia-inspired children's center that focused on the wellness of children as individuals and as part of the social community. An active meditator, she has participated in trainings and practices of social emotional learning with all age groups and enjoys sharing the benefits of SEL and the positive impact it has on all aspects of one's growth, development, and overall mental and physical health. Working and collaborating as a team member in both public and private schools, Elizabeth found the passion for social emotional wellness in children and adults.

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

LEADERSHIP MATTERS



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