Social & Emotional Learning and Mindfulness Workshop:
Shifting the Paradigm Through a Systems-Based Approach To Fostering
Resilience, Engagement and Sustainable Growth Within Your School

Produced by Ed311
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Thursday, April 5th, 2018
Region 11 ESC – Fort Worth, TX

AGENDA

8:00  Registration/ Breakfast

8:45  Introduction to mindfulness and social & emotional learning and
      the supporting neuroscience

10:00 Morning Break

10:15 Application of mindful qualities to transformative leadership and
      successful, relationship-based, organizational systems and structures

11:30 Lunch (on your own)

1:00  Exploration of key brain-based strategies to build resilience, growth
      mindset and compassion

2:15  Afternoon Break

2:30  Embedding SEL within the culture of a school in order to foster
      community and promote sustainable growth

3:45  Adjourn