

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
Presented by Hilary Simon & Jason Littlefield

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