Social & Emotional Learning and Mindfulness,  
A Two-Day 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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Wednesday & Thursday, July 25th & 26th, 2018  
Richardson Civic Center - Richardson, TX

Day 1 Agenda – From Theory to Practice

8:15 Registration/ Breakfast

8:45 Building a case for paradigm change - why we need social & emotional learning and mindfulness:  
- neuroplasticity and key brain parts related to learning and behavior  
- problem-solving process for embedding mindfulness and social & emotional learning throughout your school’s systems and structures in order to improve culture, climate and bridge access to learning

10:00 Morning Break

10:15 Exploration of the foundations of SEL and mindfulness as groundwork for individual and organizational development  
- learning is social and emotional  
- practices that support growth mindset, resilience and compassion

11:30 Lunch (on your own)

1:00 Application of social and emotional learning and mindfulness to transformative leadership  
- the social-brain - how our neurology impacts each other  
- implications for leadership  
- practices to promote connection, agency and intrinsic motivation

2:15 Afternoon Break

2:30 Introduction to embedding SEL within the culture of a school in order to foster community and promote sustainable growth
• continuum of paradigm change
• trust and safety as foundations for organizational change
• tools and practices that support trust and safety

3:45 Adjourn

Day 2 Agenda – Reflection, Adaptation, Application

A Deeper dive into embedding SEL and mindfulness within the culture of a school in order to foster community and promote sustainable growth

8:15 Registration/ Breakfast

8:45 Evaluation of relationship-based and compliance-based systems
• return on investment
• tools that support

10:00 Morning Break

10:15 Application and Adaptation of SEL and Mindfulness Practices
• 3 signature practices that support growth mindset, resilience and compassion
• Ideation and innovation
• Other people’s boots storm

11:30 Lunch (on your own)

1:00 Putting it All Together: a strategic approach to embedding SEL And Mindfulness within a school
• data-informed decisions and SMART goals
• systems and structures that promote success

2:15 Afternoon Break

2:30 Putting it All Together: a strategic approach to embedding SEL And Mindfulness within a school continued...
• data-informed decisions and SMART goals
• systems and structures that promote success

3:45 Adjourn