Tickets Now On Sale

Mindfulness and Compassion in the Classroom
September 18, 2015, Western Connecticut State University (WCSU), Danbury CT

Sponsored by WCSU Department of Education, Center for Compassion, Creativity and Innovation, and DNKL Center for Universal Peace

Teachers across the country understand that social and emotional learning (SEL) is essential to student success in school, work, and life. Mindfulness and Compassion are an important component of this teaching.

This professional development event that will give you research-based practices, practical activities and strategies to implement mindfulness and compassion in your classes.

Program Schedule

8:00-9:00 AM  Breakfast and Registration
9:00-9:15 AM  Welcome
9:15-10:00 AM  Importance of Mindfulness and Compassion in Education
Scarlett Lewis, Jesse Lewis Choose Love Foundation
http://www.jesselewiscooselove.org

10:00-11:45 AM  Mindfulness in Education

11:45-12:45 PM  Lunch

12:45-1:45 PM  Educating through the Connected Five Cs™
Chris Kukk, Director of the Center for Compassion, Creativity & Innovation at WCSU - http://chriskukk.com

1:45-3:15 PM  Cognitively-Based Compassion Training in Education (CBCT)
Thomas Pruzinsky, Professor of Psychology Quinnipiac University
Brendan Ozawa-de Silva, Associate Professor Emory University

3:15-3:30 PM  Closing Comments

Tickets $80.00 and includes Continental Breakfast and Lunch
Tickets: https://www.eventbrite.com/e/mindfulness-and-compassion-in-education-workshop-tickets-17738217486
Questions – Contact Gloria at 203-470-0932 or mindfulnessandcompassioninedu@gmail.com