SWBOCES PD CENTER PRESENTS
THE MINDFUL SCHOOL LEADER: CULTIVATING FULL PRESENCE
WITH LINDA LANTIERI, AUTHOR OF
BUILDING EMOTIONAL INTELLIGENCE: PRACTICES TO CULTIVATE INNER RESILIENCE IN CHILDREN

MAY 19, 2017 8:30-3:00
450 MAMARONECK AVE HARRISON, NY 10528

This workshop will address the benefits of developing mindfulness practices that strengthen leaders’ social and emotional capacities to:

- Help them be more fully present
- Explore how we can nurture our own sense of purpose and create opportunities for reflection and personal renewal
- Use calming and focusing practices
- Help people to stay emotionally balanced and deal with stress more effectively

Register on mylearningplan.com My Learning Plan Link

FOR MORE INFORMATION CONTACT: DINA ROSELLI @ 914-345-8500 X3130 OR DROSELLI@SWBOCES.ORG