

Mindful Well-Being

1-Day Professional Development Retreat For Teachers

When: Saturday November 12 10:00 am - 5:00 pm
Where: Multi-Faith Centre (University of Toronto, 569 Spadina Ave M5S 2J7)
Cost: \$125
Register: www.geoffreysoloway.com

Mindful Well-Being benefits the person and professional practice. Mindfulness, or present moment awareness, is a quality of mind we can all bring forth with practice. Mindfulness practice calms the mind, reducing our level of distress and reactivity. Well-being is one's lifestyle artistry – the exploration of health enhancing behaviours and leading causes of life. At its core, Mindful Well-Being is preventive medicine; empowering a flexible body, clear mind, and open heart that serves the whole school community.

Workshop Objectives:

1. Nurture Teacher Resilience & Well-being
2. Develop competencies for *Mindful Teaching*
3. Present current research & strategies for *Teaching Mindfulness*
4. Learn about the Stress Response, Neuroplasticity, Attention and Emotion Regulation
5. Model holistic teaching & learning



Instructor: Geoffrey Soloway, MEd, PhD

Geoffrey completed a PhD in Curriculum & Teacher Development at OISE of the University of Toronto where his research focused on Mindful Wellness with teacher candidates. Geoff was instructing Mindful Wellness at OISE/UT in the Initial Teacher Education program over the past 5 years, and for teachers in-service and health care professionals. He completed a 3-month intensive yoga teacher training at Yashodhara Ashram in 2003, and sat a month-long mindfulness meditation retreat at Insight Meditation Society (IMS) in 2009. As an outdoor adventurer and educator, Geoff has traveled in every province and territory in Canada, and continues to lead leadership canoe trips with youth and adults. He now lives on Bowen Island in British Columbia.