

EMBODIED SCHOOL LEADERSHIP:

AN INVITATION FOR MINDFULNESS

April Frazier

MINDFUL TRANSITIONS: I'LL MEET YOU WHERE YOU'RE AT



OUR MINDFUL JOURNEY

- Mindful Transitions
- What is Mindfulness?
- Teen Voices
- Thermometer or Thermostat Leadership
- SEL from the Inside Out
- Mindful Brain
- Elementary School Voices
- Integration Invitation
- Q&A



“Mindfulness means
paying attention
in a particular way;
On purpose, in
the present moment,
and non-judgmentally.”

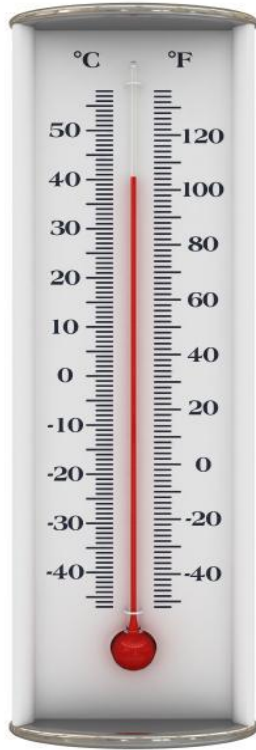
Jon Kabat-Zinn

BEYOND ACADEMICS

One out of four
children, teens and
young adults is dealing
with stress, anxiety
and depression...

THE MODERN SCHOOLTEACHER







Life today presents:

- A schedule that is too busy
- Pressure to perform
- Too much media
- Lack of face to face relationships
- Increasing anxiety & depression
- A brain that is in a constant state of Fight or Flight



The Result:

- Decreased efficiency
- Problems with attention
- Impulsive behaviors
- Increased depression and anxiety
- Sleep difficulties
- Social struggles

Mindfulness helps develop:

- Increased stimulation in the prefrontal cortex of the brain
- Better focus and concentration
- Compassion
- Increased sense of calm
- An understanding of how our brain works



The Result:

- Increased focus and performance
- Skillful response to difficult emotions
- Increased empathy and understanding of others
- Natural conflict resolution skills
- Happier, healthier people who can work and learn efficiently



INVITATION FOR INTEGRATION

1. Whole School
2. Classroom
3. Individual Students
4. Teachers and Staff
5. Parents
6. Personal Practice



Self-care is
not selfish.
You cannot
serve from an
empty vessel.

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