

# MAY Mindfulness Educator Wellness CHALLENGE for PBIS Implementers

MONDAYS 2:00 p.m. to 3:00 p.m. PST

One hour a week **ZOOM Meeting** with recordings available

- 🦋 Explore Four Pillars of a Healthy Mind and supporting neuroscience research (centerhealthyminds.org)
- 🦋 Discuss the impact of Adult Wellness & PBIS with a Virtual Community of Practice
- 🦋 Create a collaborative Adult Wellness & PBIS Intersection document
- 🦋 Design an action plan for Habit and Skill Formation
- 🦋 Reflect with your Implementer's Mindfulness Journal

Weekly Practice using the free **Healthy Minds App** (hminnovations.org), a combination of podcast style lessons with seated and active style practice with journaling option

Access to **Community of Practice Mindfulness Challenge FACEBOOK** private page

## Week 1: May 3

**AWARENESS: Be Present**

**Skill:** Self-awareness

**Impact & Intersection:** PBIS Systems, Practices and Data

## Week 2: May 10

**CONNECTION: Feel Connected**

**Skill:** Appreciation

**Impact & Intersection:** PBIS Systems, Practices and Data

## Week 3: May 17

**INSIGHT: Get Curious**

**Skill:** Self-inquiry

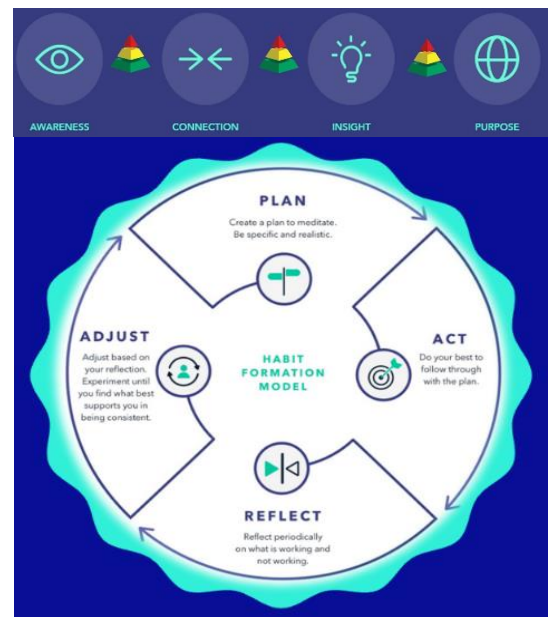
**Impact & Intersection:** PBIS Systems, Practices and Data

## Week 4: May 24

**PURPOSE: Stay Motivated**

**Skill:** Embodying values

**Impact & Intersection:** PBIS Systems, Practices and Data



Center for Healthy Minds

**Cost:** \$50

**Registration Link:**

[MAY Mindfulness Educator Wellness Challenge for PBIS Implementers Registration \(jotform.com\)](https://www.jotform.com)

**Paypal:**

Method of Payment: PayPal Checkout (personal credit card only or PayPal credit card)

We are not accepting PO's for payment. For additional payment information, please contact [barbara@pbiscaltac.org](mailto:barbara@pbiscaltac.org)

This event is hosted by CaITAC-PBIS.



For more information, please contact [cristy@pbiscaltac.org](mailto:cristy@pbiscaltac.org)