An MSAA Professional Development workshop for: All Educators PreK-12

Meditation and Social and Emotional Awareness for Educators

Featuring Presenter:
Seth Monk

Monday, March 16, 2020
at the MSAA Office, Franklin, MA

In an age of mounting social and academic pressures, both students and faculty are coping with an outbreak of emotionally driven issues including: anxiety, depression, attention issues, prescription medications, drug addiction, and suicide. As the education paradigm begins to shift, awareness is beginning to arrive at a social-emotional curriculum that involves the sharing of tools and practices to help the community de-stress and better manage their emotional affairs. Meditation is the focused cultivation of relaxation, stability, and clarity on the mental and emotional levels.

Participants will:

- Review the destructive nature of stress in the adult and student population.
- Understand the causes of stress and its mentally/emotionally debilitating effects.
- Receive a greater understanding of how the human mind is a tool for healthy or unhealthy focused attention.
- Engage in interactive activities to understand the mind/body connection.
- Review productive and effective ways to train and focus the mind in meditation.
- Engage in a systematic guided meditation.
- Discuss the practical applications and implementation of the practices and understandings in a school setting.

This workshop combines teaching with interactive group activities. Please dress comfortably and bring a mat, a blanket, a cushion to sit upon, and your notebooks.

Seth Monk Seth Monk is a former Buddhist monk with over a decade of mind training.

This workshop has reached capacity. To be placed on the waitlist, contact carmenio@msaa.net.

Fees: Member $215/Non-Member $285
MSAA Contact: pd@msaa.net