

BE THE CHANGE: MINDFULNESS-BASED EMOTIONAL INTELLIGENCE FOR SELF-CARE, DEEP COLLABORATION AND CONFLICT RESOLUTION

Description

While restorative justice and social emotional learning initiatives are on the rise in the United States, many professionals have not been trained in the conflict resolution or emotional intelligence practices we seek to teach our youth. Additionally, the complexity of 21st Century life and the enormity of the mental health issues we see across the human lifespan create an imperative for professionals to tend to their own well-being as the first intervention offered to those in our care. This highly experiential session, based on the Search Inside Yourself program, combines neuroscience and mindfulness with emotional intelligence training to offer participants foundational practices that promote self-care and build self-awareness, empathy and communication for deep collaboration and conflict resolution.

Outcomes

Practice mindfulness, describe how this mental practice builds attention and meta-attention, and explain neuroplasticity as defined by contemporary neuroscience.

Explain the relationship between self-awareness and empathy and assess how developing skills in each can help us skillfully communicate for conflict resolution.

Identify mindfulness and communication practices to enhance your own emotional intelligence and simultaneously plan how to model and explicitly teach the practices to enhance social emotional learning for students.

60 or 90 Minutes
Live or Zoom

Learning
Tree
Literacy

