

# MINDFULNESS-BASED COMMUNICATION PRACTICES TO HELP YOU LEAD, TEAM, AND TEACH

## Description

Drawing on the science of mindfulness, emotional intelligence and restorative practices, this session invites participants to hone their communication using positive strategies that are at the heart of healthy relationships with students and colleagues. Using multisensory tools, we will engage in dyads to practice storytelling, affective statements, mindful listening, empathic listening and looping. The session prioritizes adult SEL by offering practices to expand the learners' communication and relational competence as well as their capacity to teach and model the practices for students and colleagues. For students, accessible affective statements and storytelling can be used as stand alone practices in one-to-one, small group or classroom settings and as complements to the continuum of SEL or restorative practices already in place.

## Outcomes

Practice empathic listening and looping as positive communication strategies to increase interpersonal efficacy and plan how to use, model and/or explicitly teach these practices to students and colleagues.

Create affective statements using a multisensory communication tool to grow self-awareness, self-management and empathy skills and identify how to incorporate accessible affective statements into existing SEL and/or restorative practices with students and colleagues.

Create personal problem-solving stories using a multisensory communication tool to grow responsible decision-making skills and identify how to incorporate storytelling into existing SEL and/or restorative practices with students and colleagues.

**2 or 3 Hours**  
**Live or Zoom**

Learning  
Tree  
Literacy

