



Workplace Wellness Series

for Administrators and Educators

eccdc
early childhood community development centre

The Mindful Workplace: Creating an Environment that Supports Well-being, Resilience, Harmony and Connection

Increasing workloads, tighter deadlines, and legislations are often the major challenges of today's work life for administrators and their workplace. Without effective tools to deal with the pressure and stress, emotional, physical, and mental imbalance at work and at home are often the result. It is possible to live up to the demands, and to do so with clarity, creativity, kindness, and happiness. In this lunch and learn workshop for administrators of educational workplaces, we will explore how the integration of the practice of mindfulness can benefit not only yourself but the people who work with and for you. From an understanding of what mindfulness is and through practical exercises, discussion and action plan, participants will leave with a sense of being back in control.

Learning and Experience

- Practice mindful eating
- Introduce what Mindfulness is, including the neuro-science evidence supporting the practice
- Locate where participants hold stress in their body so they can use their body as a warning mechanism
- Practice of a basic mindfulness meditation
- Short Laughter Yoga exercise
- How participants can integrate the practice in their professional and personal life

The session will be interactive with discussion and sharing. Handouts and an audio file of the mindfulness meditation will be sent to all participants.

Tuesday February 6, 2018 • 12:00 to 2:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$55 includes lunch and all session materials

To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org

Workplace Wellness Series for Administrators and Educators



Embracing Presence: The Connection between Mindfulness Practice and Well-being

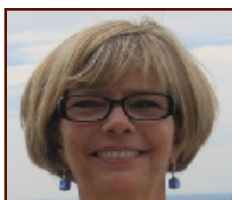
We live in a fast paced world. It is easy to get caught up in the chaos each day brings. And with chaos comes a sense of being overwhelmed and anxiety, of being stressed and not knowing what to do about it. When this happens, our well-being takes a toll, our connection to others is strained, and our ability to enjoy the moment is lost. In this workshop for educators and other professionals, we will explore how we can bring ourselves back to the present moment by developing a practice of mindfulness that will help us develop greater resilience, be less reactive, re-connect with others, and increase our well-being.

Learning and Experience

- Introduce what mindfulness is, including the neuro-science evidence supporting the practice
- Locate where participants hold stress in their body so they can use their body as a warning mechanism
- Practice of a basic mindfulness meditation
- Short Laughter Yoga exercise
- Explore how participants can integrate the practice in their daily professional and personal life

The session will be interactive with discussion and sharing. Handouts and an audio file of the mindfulness meditation will be sent to all participants.

Thursday February 8, 2018 • 6:30 to 9:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold
• \$45 includes all session materials • **To register**, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org



About Elizabeth Skronski ~ Elizabeth holds a B.A. in clinical psychology from McGill University and also holds a certificate in Applied Mindfulness from the University of Toronto. She is a Certified Personal and Executive Developmental Coach. She is also a certified facilitator in Meditation, Transformative Mindfulness, the Five Tibetan Yogas, and is a facilitator of the 16 Guidelines, a framework to live a meaningful life, create inspiring workplaces, and engage employees.