



## **Professional Development**

Our flexible PD offerings typically cover any combination of the following:

- Exploration of what mindfulness skills/practice is
- Research-based benefits
- Brain/body science
- Considerations for teaching, integrating and practicing
- Special student considerations
- Resources

In educating about mindfulness skills acquisition, we aim to deepen understandings of how it serves the mission of your learning establishment at the foundational level.

We are happy to provide further clarification on any of the above. Just ask!