# A Well-Trained Mind: Social Emotional Awareness for Educators

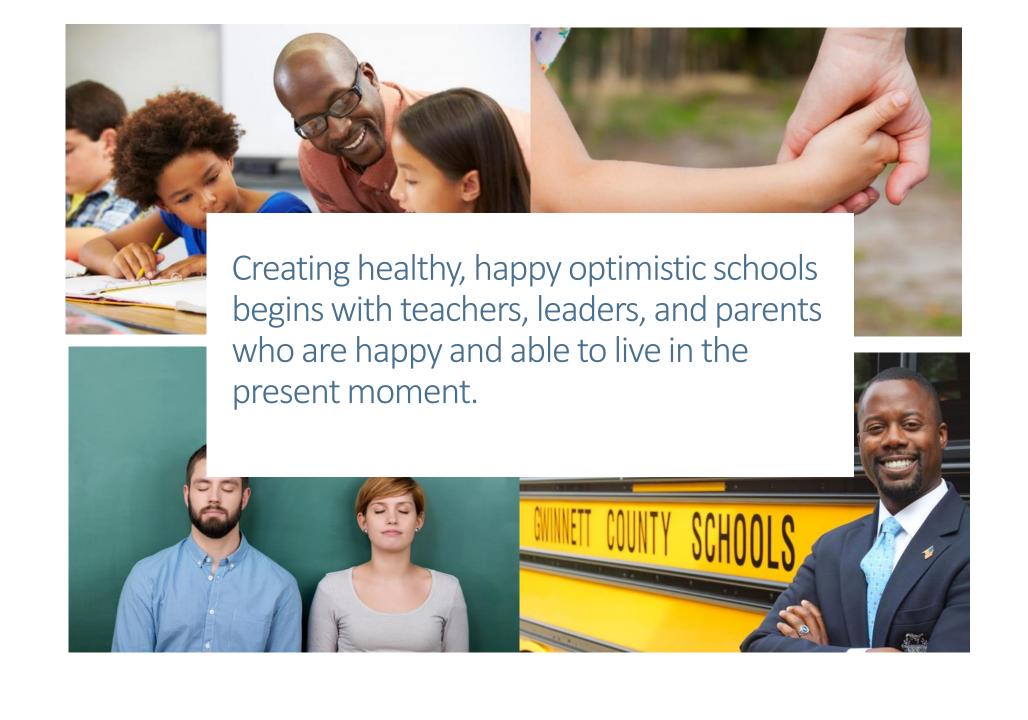
Dr. Lisa J. Lucas

Department of Early & Middle Grades Education

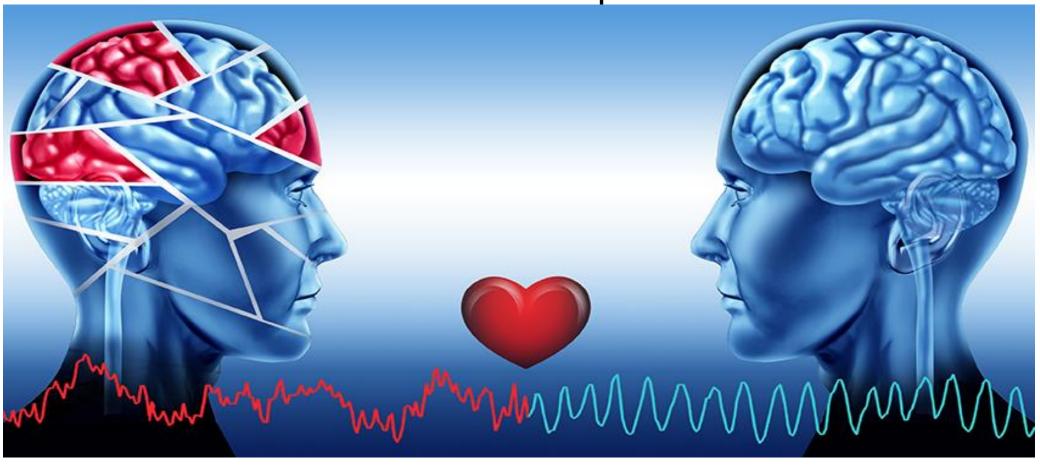
**CESW** 

# Anyone Overwhelmed?





### Heart Coherence Technique



### Trauma Informed Education Workshop



Brain Based Interventions



The ACE's Coalition



Mindfulness and Self Regulation



Cognitive Behavioral Intervention



Music in the Classroom

## SEL Certificate- Projected for 2020

### Social and Emotional Learning in the Classroom

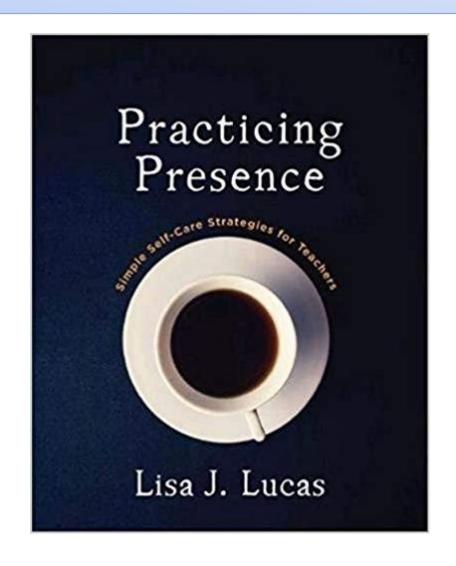


Practitioners will learn how to intentionally cultivate a caring, participatory, and equitable learning environment using evidence-based practices that actively involve all students in their social, emotional, and academic growth. This approach infuses social and emotional learning into both the educators and the students' lives during all times of the school day, and when they are in their homes and communities.

# Practicing Presence: Simple Self-Care Strategies for Teacher. 1st Ed

Ideas, exercises, checklists, personal anecdotes, and practices teachers can use to reframe and establish a mindset that will enhance focus and engagement in the classroom.

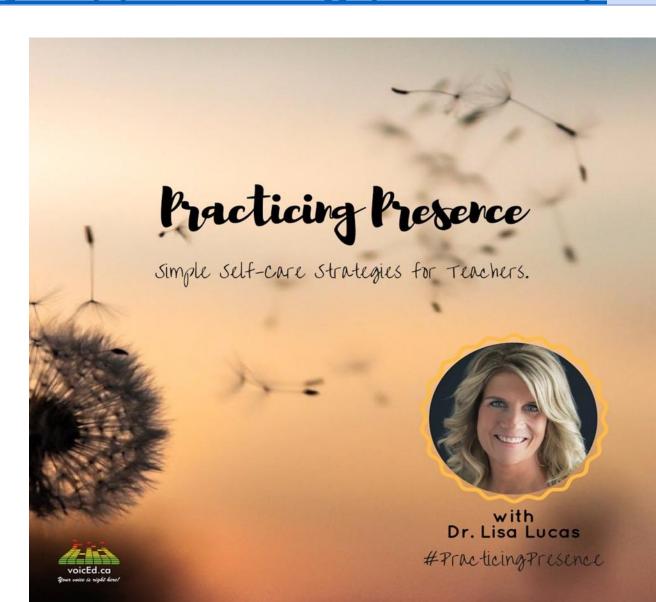
\* Discussion Guide available for PLC's



# VoicEd Radio: https://voiced.ca/project/practicing-presence/

Coaching Consultations
Laser Coaching with Lisa:
Look for the Light





### Wellness in Winter: A Time to Pause, Rest and Restore



### December 29, 10-4 at Tyler Arboretum

#### Lectures on:

- Sleep & Restoration
- Neuroplasticity & Epigenetics
- Intention Setting for 2020
- Compassion Practices

### **Experiential Activities:**

- Mindful Movement
- Nature Walk & Birding
- Massage & Meditation
- Journaling & Reflecting

What does every student need in order to be well-adjusted and happy?



A well-adjusted, mindful teacher that fosters a climate in which students can learn, dream, create, and be themselves.

## www.PracticingPresence.Life



@Pathstomindfulteaching



@Pathstomindfulteaching



@DrLisaJLucas

ost teachers enter the field of education to make a difference in children's lives. But many end up, as author Lisa Lucas puts it, "tired, wired, and running in circles." This leads to many new teachers abandoning the profession or to burnout among veteran teachers.

Drawing upon her own experiences, Lisa has written a book to help you more successfully manage the frustration of feeling overwhelmed. Written in an informal, conversational tone, Practicing Presence is filled with ideas, exercises, checklists, personal anecdotes, and practices you can use to reframe and establish a mindset that will enhance your focus and engagement in the classroom.

When teachers care for themselves deeply and deliberately, they are better able to care for the people that matter most in their lives—their students, friends, and families. Practicing Presence focuses not on doing, but rather on being present in the life of the classroom. Each chapter includes self-care strategies to explore how to self-regulate, nurture self-acceptance, and promote compassion. This book will give readers the feeling of having a personal coach who provides suggestions and routines so that they not only can deal with being overwhelmed, but rise above it.



Dr. Lisa Lucas has decades of experience in education, as a teacher, instructional coach, administrator, consultant, and currently an Associate Professor at West Chester University in Pennsylvania. She has experience in public, private, parochial, and preschool settings. In her current role as a teacher educator, she is researching the topic of presence and developed practical self-care and stress reduction strategies for teachers.



WPracticingPresence



Practicing Presence Lisa J. Lucas