

Peace in Schools Adult Programming Options 2023-24 School Year

We have many options for serving educators and staff in the 2023-24 school year, including live and pre-recorded offerings.

Course Title	Course Description	In-person or Online	Enrollment Target	Cost per training	Hours of Content	# of Sessions per Training	Credits Available
Live Offerings							
Trauma, SEL & Mindfulness Mini-Series	<i>After taking this introductory course, participants will understand the beneficial effects that meditation and other mindfulness tools have on the brain and body. They will learn skills that reduce stress, build emotional resilience, and increase connection to self and others.</i>	<i>In-person or online</i>	Up to 150	\$2,400	4	2 or 4	CEU, PDU
Mindfulness for Educators, 8 week or Year-long Course	<i>Using a trauma-informed lens, this course explores the neuroscience behind mindfulness, the ways that stress manifests in educators and students, and offers practical tools for personal and professional support.</i>	<i>In-person or online</i>	Minimum of 12, Maximum of 30	\$12,800	16	8	CEU, PDU Graduate Credit Available
Nervous System Reset*	<i>This mindfulness-based, training provides educators with a 20-minute curriculum that is practical and can be adapted for different age groups and environments. Participants will walk away with a simple set of research-based approaches and tools that they can easily implement to support their students in transitioning back to learning.</i>	<i>In-person</i>	Unlimited	\$5,000	1.5	1	N/A
<i>*Created to support teachers in transitioning back to learning after a lockdown drill or stressful experience in the classroom.</i>							

<i>For the Love of Teaching: A 4 Part Series to Kick Off Your School Year</i>	<i>This 4-part series offers an accessible, grounding practice each week to support teachers as they navigate the school day.</i>	<i>Online only</i>	Minimum of 50, Maximum unlimited	\$800	1	4	N/A
<i>Navigating Burnout with Mindfulness</i>	<i>This interactive course explores burnout and how mindfulness can be a strong ally, especially when we don't have control of the environment we're in.</i>	<i>In-person or online</i>	Minimum of 12, Maximum of 30	\$7,200	9	6	CEU, PDU
<i>Teaching Teens: From Thriving to Surviving</i>	<i>This workshop offers participants a deeper understanding of the window of tolerance while giving them specific practices to support them in returning to a place of center in the midst of their school day.</i>	<i>In-person</i>	Minimum of 12, Maximum of 20	\$2,400	3	1	CEU, PDU
<i>Cultivating Connection and Centering Relationship</i>	<i>This monthly virtual series offers space to connect with colleagues in a structured way that provides relational tools and practices that nourish connection and support wellbeing.</i>	<i>Online</i>	Minimum of 40, Maximum 200	\$4,000	5	4	CEU, PDU
<i>Wellbeing Essentials</i>	<i>This experiential 2-day course provides a foundation in mindfulness and the science behind the embodiment of presence.</i>	<i>In-person only</i>	Minimum of 12, Maximum of 30	\$11,200	14	2	CEU, PDU Graduate Credit Available
<i>Weekly Pause*</i>	<i>Practicing mindfulness with a community can reduce symptoms of anxiety and stress, and help promote well-being, compassion, and resilience.</i>	<i>Online only</i>	Unlimited	\$0	.5	1	N/A

Custom Offering	<i>Peace in Schools can customize a specific mindfulness based training or workshop that will meet the needs of your school staff. Examples include restorative practices, centering racial equity, etc.</i>						
Self-Directed Webinar Courses							
Mindfulness for Trauma	<i>Participants learn what trauma is and how it affects us and our students, the science behind resilience, and how mindfulness can support trauma recovery.</i>	<i>Online only</i>	Up to 50	\$2,000	5	Self-paced	CEU, PDU
Mindfulness for Burnout	<i>This restorative mindfulness training gives educators new tools and possibilities to help make their work more nourishing, sustainable and enjoyable for the long term.</i>	<i>Online only</i>	Up to 50	\$2,000	5	Self-paced	CEU, PDU
Mindfulness Foundations	<i>This 10-module, 30-day online training provides tools to create a sustainable work life and be more responsive and connected to the youth that educators serve.</i>	<i>Online only</i>	Unlimited	\$1,200	3	Self-paced	CEU, PDU

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