

Workshop Description

Schools around the world are adopting mindfulness with the hope of reducing stress, regulating emotions and improving attention. School systems have reported that students and teachers are happier, more focused, emotionally regulated and less affected by stress.

This workshop investigated mindfulness, the brain science that supports the practice and the benefits to self and students that participate in basic practices.

Learning Outcomes:

After completing this session, participants will be able to:

1. Identify the fundamentals of mindful awareness
2. Summarize the science behind mindful practices
3. Identify personal stressors and strategies for self-care
4. Apply mindful activities in the classroom

SCHEDULE

7:30-8:15 a.m.	Registration and Continental Breakfast
8:15- 8:30 a.m.	Announcements
8:30-10:15 a.m.	What Mindfulness Is and Is Not
	Mindfulness and the Brain
	Attitudinal Foundations
	of Mindfulness Practice
10:15-10:30	Morning Break
10:30-12 p.m.	Mindfulness and Stress Reduction
	Self-Care
12:00-1:00 p.m.	Buffet Luncheon/
	Scholarship Award Presentation
1:00-3:00 p.m.	Mindfulness in Education
	Emotional Competence
	Student Activities
3:00-3:15	Afternoon Break
3:15- 4:00 p.m.	Putting It All Together
	Resources
	Questions

Directions

From Points North: Take exit 4 off the Northway (I-87) At the end of the ramp, take a left. At the next traffic light, take another left. At the next light take a right onto Wolf Road. The Radisson is on the left approx. 2 blocks.

From Points East: Thruway to exit B1, to 90 West to exit 1N (I-87). Take exit 4 and take a right off the exit. The Radisson Inn is 1/4 mile on the left.

From Points West or South: Thruway to Exit 24 (Albany). Get on the Northway/I-87 North (exit 1N). Take exit 4 (Wolf Road/ Albany Airport). Take a right off the exit. The Radisson Inn is 1/4 mile on the left.

REGISTRATION FORM

	Post Marked	By	After	On-Site
		5/10	5/10	5/17
<i>CASHA or other regional member in NYS:</i>	\$110.	\$130.	\$140.	
<i>Non-Member</i>	\$175.	\$185.	\$205.	
<i>Full-time Student Member: **</i>	\$50.	\$55.	\$60.	
<i>Full-time Student Non-Member:</i>	\$60.	\$65.	\$70.	

Payment due in full. No vouchers, purchase orders or credit cards accepted.

*Regional Affiliation_____

**Signature of Program Chairperson_____

Sorry, there is no telephone registration.

Please print clearly and return with payment to: Denise Senick-Pirri

14 Ridgefield Way, Watervliet, NY 12189

Name:_____

Address:_____

Phone #:_____

E-mail:_____

Total Amount Enclosed:_____

Purchase orders, vouchers and credit cards are NOT accepted.

Please make checks payable to CASHA
No refunds after May 9, 2019

Maura Fox
M.S., CCC-SLP, NBCT

Maura Fox is a Licensed Speech-Language Pathologist and Nationally Board Certified as an Exceptional Needs Specialist. She has been in the field of education for over 30 years. Her experience covers students on the autism spectrum, emotional/behavioral ADHD and executive function disorders as well as language/learning/ reading disabilities.

As a Mindful Schools Certified Mindfulness Educator, and Little Flower Yoga Certified Instructor, she has taught mindfulness and yoga to a wide range and abilities from toddlers through high school. She provides workshops and trainings for educators, parents and adults wanting to learn a different way of being.

She credits her practice for advancing her development of self-awareness resulting in the power to make positive choices. Her mission is to be an agent of change, dedicated to guiding persons of all ages to reaching their full potential.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor E. Frankl

Disclosure statement

Maura Fox, M.S., CCC-SLP, NBCT has no non-financial relationships to disclose. She has financial relationships to disclose: She is the owner of Fox Center for Awakening Learning Potential, LLC. She will be given a fee and lodging for presenting for CASHA.



Speech-Language & Hearing Association
PO Box 2
Guilderland, NY 12084

CASHA's

Annual Spring Conference

Friday, May 17, 2019

Red Lion Inn (former Holiday Inn)


205 Wolf Road, Colonie, NY

Presented by Capital Area Speech-Language and
Hearing Association Albany, New York

The Role of Mindfulness in the Development of Self-Care, Emotional Competence and Student Learning

Maura Fox

Licensed Speech-Language Pathologist and
Nationally Board Certified as an Exceptional
Needs Specialist.

<p>APPROVED PROVIDER</p>  <p>ASHA CONTINUING EDUCATION</p> <p>AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>Capital Area Speech-Language-Hearing is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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This course is offered for .6 ASHA CEUs
(Intermediate level, Professional area).