OISE wellness 2020-21 Fall
Supporting Health & Well-being in our Community
The Mindful Teacher/Educator Lunch & Learn Series

UPCOMING SESSIONS
All L&L sessions will be held at 12:10pm - 12:50pm

Tuesday, September 22, 2020  Jack Miller: Curious about Mindfulness?
Jack will share beginner-friendly mindfulness meditation practices along with his experience in teaching this practice. Jack teaches courses in holistic education and contemplative education at OISE. He is author/editor of 20 books including, The Holistic Curriculum, The Contemplative Practitioner, and Love and Compassion: Exploring their Role in Education. His writing has been translated into 9 languages.

Thursday, October 15, 2020  Shelley Murphy: Trauma-Sensitive Mindfulness for Classrooms
Interest in mindfulness practice within school settings has grown rapidly in the last decade. This is likely because there is a growing depth and breadth of research showing the powerful benefits of mindfulness for both teachers and students. In this session, you learn about the fundamentals of trauma-sensitive, mindfulness-based approaches for strengthening teacher and student resilience, social-emotional development, learning, and overall well-being.

Thursday, October 29, 2020  Rose Mina Munjee: How Can We Transform Racism and Create Inclusion and Belonging with Mindfulness and Compassion?
Recently, in addition to a global pandemic, we have faced increasing racial tensions in our social systems across Canada and the rest of the world. Recent events have further exposed what has been long known to many in BIPOC communities about the dangers of racism, oppression, and marginalization of Black, Indigenous, and People of Colour. In this session, participants will have an opportunity to hear about a lived experience and to engage in mindfulness and compassion practices to support dialogue about how racism can be transformed, and how inclusion and belonging can be cultivated. Resources will also be shared for further reading and exploration.

Thursday, December 3, 2020  Elli Weisbaum: Building & Broadening Resiliency: Integrating Mindfulness into Education – An Introduction
In this session, learn how to increase well-being and combat burn-out, anxiety and stress. You’ll also explore the scientific evidence base for Mindfulness, the foundations for how to develop your own personal practice, along with building a tool-kit of practical activities you can apply in the classroom and workplace.

WEEKLY PRACTICE OPPORTUNITIES
Mindful Moments: Every Thursdays, 12:10 - 12:50 pm; Rise & Realign: Every Mondays, 8:00 - 8:30 am
Restorative Reset (faculty and staff only): Every Mondays, 12:00 - 12:30 pm. See website for details.

MONTHLY MINDFULNESS COMMUNITY OF PRACTICE MEETINGS
Meetings are held Mondays from 7:00 - 8:00 pm on the following dates:
September 28, October 26, November 30, December 21*, January 25, February 22, March 29, April 26

These monthly Mindfulness Community of Practice meetings provide teachers, educators, teacher candidates, and teacher educators with an opportunity to be a part of an ongoing community of support. You’ll be invited to cultivate and deepen a personal mindfulness practice, engage in critical inquiry and reflection, explore applications of mindfulness in education, and engage in opportunities for discussion and ongoing connection.

For a list of all OISE Wellness activities, presenter bios and to register for events, visit: www.oise.utoronto.ca/wellness