OISE Mindfulness Community of Practice

Meetings are held 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

Facilitator: Shelley Murphy

Wenger (2016) defines a community of practice as a group of people brought together regularly by a common interest and desire to learn from and contribute to the community. It is through the process of sharing information and experiences with the group that members learn from each other and have an opportunity to develop both personally and professionally.

This monthly **Mindfulness Community of Practice** meeting is open to teachers, educators, teacher candidates, and teacher educators interested in being a part of an ongoing community of support focused on: (1) cultivating and deepening a personal mindfulness practice; (2) sharing understandings and experiences; (3) engaging in critical inquiry and reflection; (4) exploring pedagogical applications of mindfulness; (5) engaging in opportunities for discussion and ongoing connection.

Monthly Mindfulness Community of Practice Meetings will be held from September until April on the last Monday of each month* from 7 PM-8 PM.

In each meeting, we will have:

- an opening mindfulness practice
- a brief discussion focused on a different theme each month to help us deepen understanding of a particular aspect of mindfulness practice and teaching
- an opportunity to share and discuss experiences, challenges, questions related to mindfulness practice
- a closing mindfulness practice

Shelley Murphy, PhD, is a former classroom teacher and a lecturer and researcher at OISE, University of Toronto. She has extensive training in the science and practice of trauma-sensitive mindfulness and has been a mindfulness practitioner and educator for over 20 years. Shelley developed and teaches the Mindfulness in Education course at OISE and is the recipient of A Mindful Society’s 2019 Michele Chaban Spirit of Leadership Award for her work and research in the field. Her book on mindfulness for children in classroom settings and beyond, **Fostering Mindfulness**, was published by Pembroke in 2019.

*The December Mindfulness Community of Practice meeting will NOT be held on the final Monday of the month. Instead, it will be held on Monday, December 21.