

2018-2019 OUTCOMES: MCI EDUCATOR SERIES

This year, 40 educators and other professionals from various school districts and organizations throughout the state joined the MHA Mindful Instructors for a 10 hour immersion workshop focused on developing their mindfulness practice for personal and professional growth.



45% of attendees practiced some mindfulness prior to the workshop

100%

of attendees reported that they will use mindfulness in their professional and personal lives!

- 100% of attendees reported that the Mindful Educator Series was beneficial
- 100% of attendees would recommend the workshop to a friend or colleague



WHAT EDUCATORS HAD TO SAY



"I wish every teacher in our district would have attended this!"

"Best training/seminar I've had in 25+ years of being an educator."

"Usually at the end of a training or conference, I'm ready for it to be over, but this isn't the case."



"The energy and passion the MHA team delivered the information and practices with was super awesome... I know I will share with the people in my life."



"I loved learning how to bring mindfulness into my own life, as well as my students and how these practices can easily be incorporated into life and a school day. Thank you!"

"Excellent information and practical activities we can use right away. Thank you!"

"So excited to begin putting all I learned into practice with students."

"WOW! This far exceeded my expectations!"



If you should have any interest in bringing this training to your place of work or if you have any questions please contact info@mhasheboygan.org or 920.458.3951.