

# 8 Week Mindfulness-Based Stress Reduction Program for Educators

Offered by Roberts Creek Community School Mind the Gap Project

*Mindfulness is not something that you have to “get” or acquire. It is already within you—a deep internal resource available and patiently waiting to be reawakened and used in the service of learning, growing, and healing.*

## What is Mindfulness?

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you – discovering your own ‘inner calm’, and thus increasing your ability to manage stress, challenges and the demands of everyday life.

In contrast, you’ve probably encountered moments of “mindlessness” – a loss of awareness resulting in forgetfulness, separation from self, and a sense of living mechanically.

Restoring within yourself a balanced sense of health and well-being requires increased awareness of all aspects of self, including body and mind, heart and soul.

Mindfulness-based stress reduction is intended to ignite this inner capacity and infuse your life with awareness and increased joy.

## What Can You Expect?

This evidence based\* course schedule consists of 8 weekly 2.5 hour classes and day-long retreat on a Saturday. There will be approximately 15 participants.

This highly participatory, practical course includes:

- Instruction in mindfulness theory and guided meditation practices
  - Gentle stretching and mindful yoga
  - Group dialogue and discussion aimed at clarifying the concepts and sharing personal experiences
  - Individually tailored instruction
  - Assignments for home practice
  - Home practice audio materials and manual
- The course is challenging *and* life-affirming. The aim is to offer a safe, supportive, and deeply engaging learning environment.

\* References:

*Flook et al. Mindfulness for Teachers: A Pilot Study to Assess Effects on Stress, Burnout and Teaching Efficacy. Mind, Brain & Education 7(3), 182-195 (2013).*

## 8 Weekly Sessions and Day-Long Retreat:

6:30 to 9:00 pm for 8 weeks. **Please contact us for the dates of the next course.**

The required all-day class is held on a Saturday, from 9:00 am to 3:30 pm.

For you to fully benefit from this program, you must be willing to make a commitment to attend all classes and to practice daily home assignments for 8 weeks. Missing 1-2 classes is workable if necessary.

## Cost : Please contact us for an update on the cost.

Includes about 26 hours of instruction, a 40 page manual and audio recordings of the various practices.

Note that there is a limited capacity of 15 participants.

## Location:

Roberts Creek Community Elementary School Library.

## Further information:

To ensure this program is a good fit for you we are hosting an orientation and information evening . **Please contact us for the date:**

Email: [mindthegap@eastlink.ca](mailto:mindthegap@eastlink.ca)

Tel: 604 885 3481

### Session 1:

Introduction to mindfulness theory and practice – body scan.

### Session 2:

Perception and creative responding – how we see things.

### Session 3:

Introduction to mindfulness of movement practices.

### Session 4:

Understanding stress reactivity

### Session 5:

Coping strategies for everyday challenges and stressors.

### Session 6:

Strategies for handling stressful communications.

### The All-Day Retreat:

Deepening our effectiveness in the use of MBSR skills.

### Session 7:

Intergrating mindfulness practice more fully into daily life.

### Session 8:

Daily strategies for maintaining and deepening the skills.

*Parts of this course description were adapted from the Center for Mindfulness [www.umassmed.edu/cfm/stress](http://www.umassmed.edu/cfm/stress)*

## THE FACILITATORS:



*Rahul Gupta, MD CCFP  
ICF Professional Certified  
Coach, MBSR Facilitator*



*Ron Skene,  
Certified MindUp  
Trainer/Facilitator*

**Rahul Gupta** has been using mindfulness and coaching practices in his professional life as a physician, and has been facilitating MBSR programs since 2013.

Trainings include:

- Teacher Development Intensive 92-hour training

taught by senior Center for Mindfulness staff Bob Stahl, California 2014.

- Practicum in MBSR: Living Inside Participant-Practitioner Perspectives, taught by Center for Mindfulness senior staff Bob Stahl and Lynn Koerbel, Massachusetts. 2013
- MBSR in Mind-Body Medicine training with John Kabat-Zinn and Saki Santorelli, California 2011
- Annual 10-day silent meditation retreats since 2004.

**Ron Skene** has worked in the field of youth leadership development and training for over thirty years. As a certified MindUp Trainer/Facilitator, he is part of a team creating Social Emotional Learning opportunities for students, teachers and parents. Mindfulness practice has been part of his life since 1978.