



**ICM Asia Pacific 2019**

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

## **ICM Asia Pacific 2019 Pre-Conference Workshop**

### **Mindfulness and the Emotional Art of Teaching: Enlivening Teaching and Learning**

**Patricia (Tish) Jennings**

At its core, teaching is an emotional practice. The social and emotional dynamics of the classroom play a key role in promoting student learning and fostering prosocial behavior. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, this workshop will provide valuable information about how mindfulness-based approaches can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning. Participants will learn simple mindful awareness practices for managing stress and promoting wellbeing and will learn how to introduce mindfulness-based practices to their student to support learning. Cutting edge research on mindfulness in education will be reviewed.

#### **Patricia (Tish) Jennings**

Dr. Jennings is an Associate Professor of Education at the Curry School of Education at the University of Virginia. She is an internationally recognized leader in the fields of social and emotional learning and mindfulness in education with a specific emphasis on teacher stress and how it impacts the social and emotional context of the classroom. Dr. Jennings led the team that developed CARE for Teachers, a mindfulness-based professional development program shown to significantly improve teacher well-being, emotional supportiveness and sensitivity and classroom productivity in the largest randomized controlled trial of a mindfulness-based intervention designed specifically to address teacher occupational stress. Dr. Jennings is leading the development of the Compassionate Schools Project curriculum, an integrated health education program designed to align with state and national health and physical education standards. She is Co-Principal Investigator on a large randomized controlled trial being conducted in Louisville, KY to evaluate the curriculum's efficacy. Dr. Jennings is a member of the National Academy of Sciences Committee on Fostering Healthy Mental, Emotional, and Behavioral Development among Children and Youth. Dr. Jennings was awarded the Cathy Kerr Award for Courageous and Compassionate Science by the Mind & Life Institute in 2018 and was also recognized by Mindful Magazine as one of "Ten Mindfulness Researchers You Should Know" Earlier in her career, Dr. Jennings spent over 22 years as a teacher, school director and teacher educator. She is the author of Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom part of the Norton Series on the Social Neuroscience of Education.

