



## THE POWER OF MINDFUL SELF-REGULATION

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Human beings have an incredible ability to choose behavior based on more than what they are feeling. The ability to consciously self-regulate attention, emotion, and behavior is unique in the animal kingdom, and it is associated with just about every measure of well-being and performance. We will explore the science and practice of self-regulation and how it can be incorporated into schools.

Building upon the latest research from neuroscience, human behavior, and psychology, participants will:

- Understand the neurological basis of self-regulation
- Examine their capacity for self-regulation, and develop skills to improve and direct self-regulation to maximize performance
- Engage in mindfulness practices aimed at building self-regulation, and explore the application of such practices in the classroom

This workshop is designed for K-12 teachers and administrators, those who already use mindfulness techniques within an SEL curriculum and those who are new to this form of well-being!

Visit [mindfulnessla\\_catdc.eventbrite.com](https://mindfulnessla_catdc.eventbrite.com) to REGISTER!

### FACILITATOR



**DAVE MOCHEL**, has taught courses in well-being, leadership, and neuroscience in independent schools for many years. He left traditional classroom teaching to found Applied Attention Coaching and Consulting. He works all over the world with individuals, teams, and organizations to help them focus their attention and energy where it will make the greatest positive difference. Using modern research and enduring wisdom, Dave offers principles and practices to create peaceful and powerful lives, relationships, and cultures.

**QUESTIONS?** Contact us at [info@catdc.org](mailto:info@catdc.org)