

Shape Your Path To The Present



Over 25 years of scientific research shows that mindfulness reduces stress and boosts resilience for adults and children.

That's why we combine mindful best practices with personalization for all of your professional development needs in education.



*Personalized Mindfulness
Education Proposal*

info@personalizedmindfulness.com

(800) 285-5220

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Module 1 – Becoming The Eye of the Storm: Introduction to Personalized Mindfulness in Education

Mindfulness is a universal, secular muscle that promotes self-care. Participants learn five practical steps to create custom mindfulness exercises for stress-reduction. This is a great foundation for ultimately teaching it to students.

Intended Audience - Educators, school leaders, and other adults who interact with students
Formats - On-site or virtual: single or series workshop, keynote, team day, and/or curriculum
Length - Varies from 1-4 hours depending on your needs

5 Steps to Personalized Mindfulness in Education



Learning Goals:

Understand Mindfulness

- Define mindfulness as a universal and secular muscle
- Debunk common myths

Appreciate the Interrelated Benefits of Mindfulness

- Stress-reduction
- Improved resilience and happiness
- Community-building
- Other benefits described by *The National Institutes of Health*

Accept and Honor Stress

- Allow participants to voice their stress in real-time
- Brief overview of the physical and mental effects of stress

Untangle Stress

- Guided visualization that reminds participants they are more than the stress they experience

Design and Build Personalized Mindfulness Practices

- Complete a self-inventory that measures each participant's individual strengths and learning styles
- Participants choose customized mindfulness practices based on the results of their self-inventories

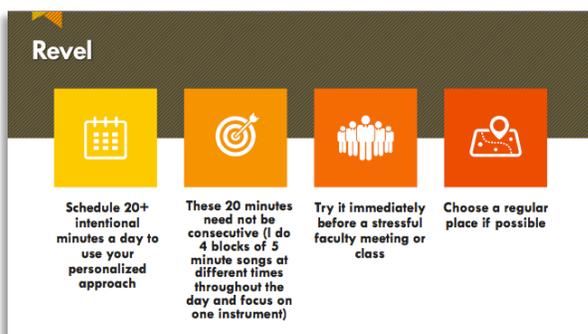
Scale and Sustain Personalized Mindfulness Practices To Gain Their Benefits

- Participants learn how to consistently undertake their favorite mindfulness practices and gain all the benefits

Questions, Answers, and Feedback

- Summarize major concepts
- Participants ask follow-up questions and complete a feedback survey

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Module 2 – Improving Classroom Management: The Power of Mindful Communication

Gain practical classroom management tools that can be quickly implemented. This workshop’s proven techniques help us become better listeners and choose our words with compassion – before we put them out into the world. This fosters a positive learning environment.

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5 Steps To Mindful Communication at School & Beyond



- 1) Courage: Foundational Posture
- 2) Mindful Listening to Yourself
- 3) Mindful Listening to Others
- 4) Mindful Speaking to Yourself
- 5) Mindful Speaking to Others

Learning Goals:

Understand The Relationship Between Mindful Communication and Classroom Management

- Define mindful communication as listening and speaking to ourselves and students with deep awareness and heart
- Explore the repercussions of this ethos for our classrooms

Cultivate A Foundational Posture of Courage

- Learn how to maintain an open, non-judgmental heart for difficulties that arise

Practice Mindful Listening With Yourself

- Revel in the “Mirroring Your Heart” guided visualization

Implement Mindful Listening With Students

- Learn best practices for using the greatest gift we can offer others (and ourselves!): Our deep awareness and heart

Practice Mindful Speaking With Yourself

- Appreciate the gap between thoughts and words
- Master the “4 Requirements of Mindful Speech”

Implement Mindful Speaking With Students

- Learn best practices for using the “4 Requirements of Mindful Speech” in a classroom setting and implementing other mindful management strategies such as positive and impersonal discipline, the power of mindful humor, etc.

Questions, Answers, and Feedback

- Summarize major concepts
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Mindful Listening to Yourself

**Visualization:
Mirroring Your Heart**

Imagine If You Said Everything You Thought...Yikes!

- Mindfulness reveals the gap between thoughts and words
- Notice the rungs on that bridge...

Take Aways:
 Mindful communication is listening & speaking to yourself & others with deep awareness and heart

Courage:	Listen To Yourself:	Listen To Others:	Speak To Yourself:	Speak To Others:
Start Class & Events w/ a Mindfulness Exercise	Mirror Your Heart Minitation	Nicknames Hear From All	Kind? Necessary? True? Beneficial?	“Wait...I need your help.”

Module 3 – Playing Attention: Teaching Fun Approaches to Personalized Mindfulness

Learn fun ways of teaching mindfulness to students so that they will be more likely to practice. Topics include understanding mindfulness as a superpower, gamification, design thinking, and other solutions.

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Learning Goals:

Acquire Fun Ways to Understand Mindfulness

- Define mindfulness as the ultimate superpower
- Learn three cheat codes to unlock mindfulness
- Honor and transform student resistance

Explore The Benefits of Mindfulness for Students

- Higher grades
- Boosts in self-confidence
- Improvements in sports and extracurricular abilities (with case studies of celebrities who have used it successfully)
- Reductions in test anxiety
- Other benefits described by *The National Institutes of Health*

Play Attention

- Develop learner profiles that emphasize fun facts about each student to cultivate mindful rapport

Customize Mindfulness Games for Students

- “The Non-Dominant Hand Challenge”
- Student-driven treasure hunts
- “The Bubble Pop Game”
- Riddles that promote mindfulness
- Creative mantras for the “unlovable” parts of ourselves

Maintain The Superpower

- Personalized mindfulness questionnaire for students
- Consistent scheduling techniques
- Parent and teacher support system creation
- Mindful buddy program

Questions, Answers, and Feedback

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“I thoroughly enjoyed your presentation! I have already shared my notes with my colleague...I am now going to help my students learn other ways to practice mindfulness, like mindful coloring and mindful listening to music.”

Micaela Y., Teacher
Clymer Central School



Additional Modules



Attention Over Detention: The Power of Mindful Discipline

Help behaviorally at-risk students re-frame their thoughts in positive ways. This results in reflection, rather than reaction, and reduces punitive discipline.

Mindful Test-Taking Skills: Decreasing Stress & Boosting Scores

Testing is part of every student's life – and so is its accompanying anxiety. This module teaches how to mindfully boost student content retention and self-care.

The Mindful Use of Technology

Rather than distract from the present, technology can be used to harness organization, focus, and retention. This workshop shows us how.

Mindfulness & Bullying Reduction

Over 70% of students nationwide suffer from bullying. Learn mindful best practices for reducing it in your school and restoring camaraderie.

Building Mindfulness into K-12 Curricula, Including STEM

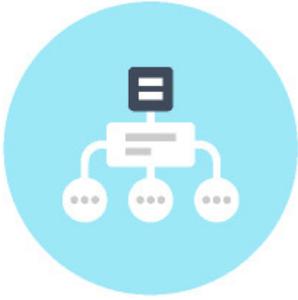
The word “curriculum” comes from the root for “heart.” Learn to integrate mindfulness into any STEM or humanities subject and boost engagement.

Don't See a Topic of Interest? We'll Make One For You.



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Additional Services



We create, integrate, and launch the following personalized mindfulness supports for your needs:

- Curricula and other training materials
- Central mindfulness internal website: A hub for information sharing, webinar access, etc.
- Templates for including mindfulness engagement into professional evaluations
- Ongoing refresher courses, mentoring, and programs about different aspects of mindfulness
- Weekly surveys to ensure accountability
- Integration into other professional development activities and meetings
- Mindfulness groups that meet during lunch and/or after work
- Regular check-ins, progress monitoring, and coaching
- Exclusive access to a pre-recorded, online course for students and faculty

“I really enjoyed your presentation and hope to bring those ideas into my own life and classroom!”

Michelle Milner, Student-Teacher
Roger Williams University



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Meet Your Presenter

Drawing on over ten years of experience as an educator, Nick Mosca empowers school leaders and students to align mindfulness practices with their interests, reduce stress, and reclaim their lives.

Nick co-hosts on WABC Radio and has presented at Yale University, Squarespace, Columbia University, the Erie BOCES, mindSpark Learning, Ridgewood Public Schools, and The Milken Scholars Program, among other venues. Moreover, Nick is the author of *Read 'Em and Sleep: Mindfulness-Based Insomnia Relief* and his writing has appeared in *Psychology Today*. He is also the elected Research Chairperson of The Association for Applied and Therapeutic Humor.

Nick holds a Master of Divinity degree from Harvard University where he studied mindfulness and won The Billings Prize for inspiring behavioral change. During his undergraduate studies, Nicholas earned a B.A. in English (Magna Cum Laude) from Georgetown University. He is a member of the Association for Supervision and Curriculum Development (ASCD).



Nick Mosca, M.Div.
Co-Founder

“It’s rare that you come across talent like Nick Mosca. Nick has conceptualized a way to support clients in creating and implementing personalized mindfulness. Delivered with soul, humor, and expertise, Nick’s delivery and learning supports are second to none.”

*Mary Lisa H., Learning Strategist
mindSpark Learning*

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