



Jill STANSBURY

Biography:

Jill Stansbury is a mindfulness and social and emotional learning trainer based out of Bellingham, WA, USA. For over twenty-five years, she has taught and administrated at schools with students from preschool to high school in America and China and holds a master's degree in Educational Leadership from DePaul University in Chicago, IL, USA. She has been studying and practicing Mindfulness for twenty-five years. Currently, she is enrolled in the trainer's certification in Mindfulness Based Stress Reduction at the Brown University Mindfulness Center.

Workshop Description

Workshop Title: Mindfulness in the School Setting

Mindfulness is paying attention to the present moment in a kind, non-judgmental way. Come and learn more about what it is and what it is not, and how it can improve overall wellness. The workshop will provide a deep dive into learning about stress reactivity and how mindfulness aides individuals in becoming skillful at responding to stress in ways that reduce it. A model for folding mindfulness into a whole school will be explored. Participants will also have a chance to try some mindful awareness and movement practices.