

# Strengthen Students' MINDFULNESS:

## Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors



A Unique One-Day Live Online Seminar Presented by

**Susan Jones**

Outstanding Educator and Presenter

**Specifically Designed for Grades K-12 Classroom Teachers, Counselors, Instructional Specialists and Coaches, Special Education Staff, Title I Staff, Behavior Intervention Specialists, Instructional Assistants, and Administrators**

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**Incorporate MINDFULNESS strategies** and activities to better focus students' attention, regulate emotions and reduce anxiety that can cause challenging behaviors

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**Practical strategies** for helping your students **develop important skills** to increase learning and productive behavior whether you are working in-person or online

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**Help students better manage frustration, reduce anxiety and impulsive behaviors** ... Help your students work more constructively toward personal and academic goals

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Why **MINDFULNESS is so relevant** and how it will greatly benefit all your students during this most unique school year and the years to follow

### Live Online Seminars

#### April 14

**9 AM Eastern**, 8 AM Central,  
7 AM Mountain, 6 AM Pacific

#### April 15

**9 AM Pacific**, 12 PM Eastern,  
11 AM Central, 10 AM Mountain

#### April 29

**9 AM Central**, 10 AM Eastern,  
8 AM Mountain, 7 AM Pacific

#### April 30

**9 AM Eastern**, 8 AM Central,  
7 AM Mountain, 6 AM Pacific

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#### CAN'T ATTEND?

Order the recorded version and take the seminar online at your convenience (see page 6)

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CEUs and Graduate Credit Available  
See page 6 for details

# Ten Key Benefits of Attending

*'Susan was exceptional! She shared a wealth of knowledge and experience gave so many practical skills to help our students succeed.'*



## Who Should Attend

Grades K-12 Classroom Teachers, Counselors, Instructional Specialists and Coaches, Special Education Staff, Title I Staff, Behavior Intervention Specialists, Instructional Assistants, and Administrators

- 1. Why MINDFULNESS is So Relevant Today and How it Greatly Benefits ALL Your Students**  
Discover the key benefits of mindfulness and how it can make a significant difference for you and your students ... Whether you are working in-person or online
- 2. Strategies to Help Students Reduce Anxiety and Anger**  
Learn mindfulness practices that will help your students increase self-reflection and self-calming in difficult situations ... Decrease anxiety so students feel safe and focus on instruction
- 3. Decrease Disruptive Behaviors That Can be Caused by a Lack of Mindfulness**  
Address disruptive student behavior caused by negative emotions that surface when students feel threatened ... Ideas you can use immediately
- 4. How to Help Students Respond Rather Than React**  
Many challenging behaviors we see in school are caused by students' immediate reactions ... Teach them the replacement strategies to respond in more productive ways that are not combative and defensive and do not get them in trouble
- 5. Mindful Awareness, Mindful Listening, and Perspective Taking**  
When your students better understand their own anxiety, they will become more aware of their own reactions and behavior, become better listeners, and improve their ability to comprehend another perspective
- 6. Teach Students to Let Go of Negative Self-Talk and Choose Optimism**  
Many students cannot get past negative self-talk as well as negative attitudes about seemingly everything ... How you can help them to see and act on the positive and choose optimism
- 7. Learn how to Make Little Changes That Leave Big Impressions**  
Help your students feel more connected and in control of themselves ... Learn the quick and doable "mindful moments" you can do during the day to help cement students' long-term learning
- 8. Strategies to Develop Students' Capacity to Pay Attention Whether you are Working in a Classroom or Online**  
Ideas to improve your students' ability to pay attention and then apply those skills daily to your instruction and their schoolwork whether they are learning in-person or online
- 9. Incorporate Mindfulness Activities to Better Focus Students' Attention, Regulate Emotions and Reduce Stress**  
Learn practical ways to incorporate mindfulness activities into your classroom and behavior interventions to help students better focus their attention, regulate their emotions, and reduce personal stress as they navigate this year's changing learning environments
- 10. Receive an Extensive Digital Resource Handbook Filled with Mindfulness Strategies and Tools**  
Each participant will receive the informative digital resource handbook, *Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors*, filled with strategies, ideas, and tools you can use the very next day whether you are working in-person or online

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- Learn the **key benefits of practicing MINDFULNESS** and how it can make a significant difference in all your students' success in school whether in-person or online
- Practical mindfulness strategies to **decrease student anxiety** and challenging behaviors
- Ideas to **teach students how to pay attention** and maintain on-task behavior
- Discover healthy ways to **reduce anxiety and stress** in difficult situations
- **Teach the skill of responding** rather than *reacting*
- **Combine mindfulness with physical movements** to help students monitor their own physical and mental states
- **Incorporate mindfulness interventions** into IEPs or behavior plans to address anxiety that can counter automatic negative thought patterns
- How mindfulness will **help students feel more connected to themselves**, their surroundings, and their peers at school and online
- Strategies that **teach students to be aware of and responsible for their own emotions** and behavior
- Improve students' executive function skills to **override emotional reactivity**
- Realistic and doable ways to **incorporate daily mindful moments** and practice focused awareness



*"What you'll learn quickly about Susan is that she has a great understanding of innovative solutions for working with difficult students that are far from the cookie cutter approach and on the cutting edge of providing transformative impact!"*

## Practical Ideas and Strategies

Imagine your students with improved self-control and less feelings of anxiety as they approach school, whether in-person, online or something in between. We need our students to be better equipped to handle the turbulence associated with life's challenges and the changing learning environments they have experienced over the last year. Join outstanding and motivating national speaker, **Susan Jones**, in this **NEW**, full-day, idea-packed seminar that focuses on practical and doable strategies to increase your students' mindfulness to help them find greater school and social success. Many challenging and disruptive behaviors are caused by lack of awareness and understanding of how the brain works. With mindfulness practices, they will be better equipped to self-regulate, recognize, and handle the emotions that cause the behaviors that get them in trouble in class, online, and in social situations. In addition, these teacher-tested mindfulness practices will enhance your students' ability to focus during instruction, which can result in higher achievement. You won't want to miss this opportunity to gain innovative and new ways to reduce challenging behaviors that get in the way of your teaching and students' learning.

**You will leave with numerous strategies to teach students to be more aware of their emotions, reactions and frustrations that impact their ability to focus and increase learning and success in school.**



# A Message From Seminar Leader, Susan Jones



## Uniquely Qualified Instructor

**Susan Jones** is a highly experienced teacher, a leading expert in working with students who have challenging behaviors in a variety of settings, and a national presenter on using MINDFULNESS practices in the classroom. Susan is known for her motivational seminars that not only inspire, but give teachers the specific strategies they need to make positive changes to increase students' success in school, both academically and socially. Susan focuses on practical solutions for helping students be successful in school – socially and academically. She brings to the seminar not only her extensive knowledge of mindfulness and the science behind it, but strategies and ideas you can use to help your own students understand and use the practices themselves.

Dear Colleague:

When you ask someone to name a person who has had a lasting impact on their life, it is often a teacher whom they felt respected them and took an interest in helping them see their potential. This is a powerful opportunity we, as educators, have to make a meaningful and lasting impact on young lives. But students are changing. Coming to school less prepared, more anxious, and less able to focus. Students appear unmotivated and unable to see the value of school in their own lives. All of these can cause difficult behaviors that make teaching less rewarding and more challenging for us. A practical and real solution to some of these critical issues is to incorporate mindfulness practices into our daily routines to help students become aware of their emotions and begin to increase self-control, attention and emotional regulation that will help them be more successful students. This seminar is all about how to do just that!

This strategy-packed day will cover dozens of ideas and activities you can use to teach mindfulness in ways that will make a significant difference for your students. These strategies will help students strengthen the connectivity between areas of the brain that support attention and concentration, thus weakening the amygdala's capacity to hijack the thinking parts of the brain when in an anxious or stressed state. With this awareness, it is easy to see how mindfulness and self-regulation can translate into improved learning. This is true for all students, but especially the most vulnerable ones.

For our students who have difficulty dealing with negative emotions, fear and anger can hit them unexpectedly. Without a plan for dealing with these feelings, they can be thrown off and may react negatively. Teaching them how their brain works and how to put mindfulness practices into action will help them make better decisions at school online, and in social situations. In addition, students can learn to regain access to their executive functions even when in a stressed or anxious state.

I hope you will join me and your colleagues for an action-packed, motivating day that will equip you with strategies and the inspiration to make mindfulness a part of your everyday teaching in order to increase your students' school success, whether you are working in-person or online.

Sincerely,

*Susan Jones*

Susan Jones

**P.S.** The focus of this seminar will be on **key, practical strategies to decrease student anxiety and challenging behaviors** using mindfulness practices.

*'This strategy-packed day will cover dozens of ideas and activities you can use to teach mindfulness in ways that will make a significant difference for your students.'*

# What Your Colleagues Say About Susan Jones

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*"Because of what Susan taught me, I will think and speak from a wholly different **empathetic perspective** when working with difficult students. The results are taking me personally AND professionally further than any professional development I can ever remember."*

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*"Susan mixed **humor, personal observations and her many years of classroom experience** into her seminar. Her expertise really shines!"*

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*"I am **leaving this day with a new internal toolkit** and the confidence to try out new strategies, right away!"*

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*"The material Susan presented was **relevant, research driven and applicable** to the population I serve. I would highly recommend anyone working with students to attend her seminar so they can increase engagement, retention, and outcomes. Great seminar all the way around!"*



## About BER Live Online Seminars

**With the current health challenges, all BER in-person PD events are currently being presented in a Live Online format:**

**Outstanding Instructors**

All programs are led by outstanding BER national trainers

**Extensive Resource Handbooks**

You'll have access to an extensive digital Resource Handbook before, during and after your seminar

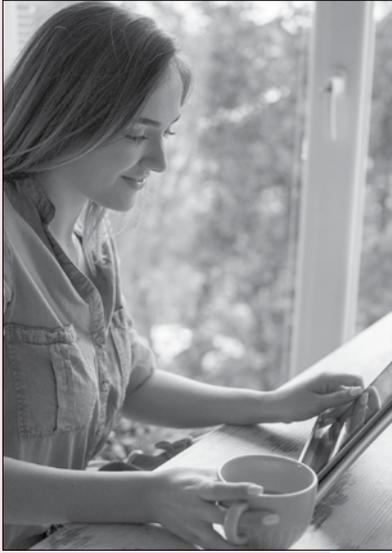
**Highly Interactive**

You'll be able to ask questions in real time and interact with the instructor and other participants

**Program Guarantee**

As we have for 43 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

# Special Benefits of Attending



*'This seminar gave our team an incredible opportunity to engage in some deep reflection and conversations around better supporting our kids.'*

## On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies before, during and after the seminar. The handbook includes:

- Ready-to-use activities for helping students build self-control and better behavior whether you are working in-person or online
- Practical strategies for helping students reduce their anxiety and negative emotions
- Teacher-tested mindfulness interventions for increased school and distance learning success
- Practical tools and strategies for helping your students be more calm, focused, and productive whether they are learning in-person, online, or experiencing the stress of transition

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in strengthening students' mindfulness.

## Consultation Available

Susan Jones will be available to answer your specific questions and the unique needs of your own program.

## Meet Inservice Requirements / Earn State CEUs

Participants of both the Live Online Seminar and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. In addition, state CEUs are available for both versions of the course. For details, visit [www.ber.org/ceus](http://www.ber.org/ceus)

## Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

This course will be video recorded and available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional CEUs and graduate credit available.

To enroll, see registration form on page 7.



#### Related On-Demand Online Courses

A related On Demand Video-Based Online Learning course, *Motivation, Mindset and Grit: Practical, Proven Strategies to Increase Learning*, for Grades K-12, is available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors

## Registration (LFJ1S1)

1. **April 14, 2021** (Start time: 9 AM Eastern)
2. **April 15, 2021** (Start time: 9 AM Pacific)
3. **April 29, 2021** (Start time: 9 AM Central)
4. **April 30, 2021** (Start time: 9 AM Eastern)
- or —
5. **I'd like to order the recorded version of this seminar**

FIRST NAME	M.I.	LAST NAME
POSITION, SUBJECT TAUGHT		
GRADE LEVEL		
SEMINAR NUMBER: _____ (Please see list above)		

*List additional registrants on a copy of this form*

SCHOOL NAME	
SCHOOL MAILING ADDRESS	
CITY & STATE	ZIP CODE
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
(     )	(     )

**Registration confirmations and login details are sent via e-mail**

E-MAIL ADDRESS ( <u>REQUIRED</u> FOR EACH REGISTRANT)	
HOME MAILING ADDRESS	
CITY & STATE	ZIP CODE

**IMPORTANT – PRIORITY ID CODE: ELFJ1S1**

## METHOD OF PAYMENT – Team Discount Available

**The registration fee is \$279 per person,**  
for teams of three or more registering at the same time, the fee is \$259  
per person. **Payment is due prior to the program.** No cash please.

- A check (payable to **Bureau of Education & Research**) is attached
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## FOUR EASY WAYS TO REGISTER:

**REGISTER ONLINE at: [www.ber.org](http://www.ber.org)**

**FAX this form to: 1-425-453-1134**

**PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 4 pm Pacific Time)

**MAIL this form to: Bureau of Education & Research**  
915 118th Avenue SE • PO Box 96068  
Bellevue, WA 98009-9668

## Program Hours

- All Live Online seminars start times are described on the cover
- Check-in 15 minutes prior to the seminar
- Live Online seminars are five hours in length plus breaks
- Registrants will receive login information by email four days before their Live Online seminar

## Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

## Cancellation/Substitutions:

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

## Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

## Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **[www.ber.org](http://www.ber.org)**. The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.



LFJ1S1

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## Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors



An outstanding one-day Live Online Seminar

Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available  
to use online at your convenience

## Strengthen Students' MINDFULNESS Reduce Challenging Behaviors

*Practical PD, No Travel*

LFJ1S1



## Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors

Live Online Seminar  
or Recorded Version



A Unique One-Day Live Online Seminar  
(Also available as a Recorded Online Version  
to Use at Your Convenience)

Presented by

**Susan Jones**

Outstanding Educator and Presenter

Incorporate **MINDFULNESS** strategies and activities to better focus students' attention, regulate emotions and reduce anxiety that can cause challenging behaviors

**Practical strategies** for helping your students **develop important skills** to increase learning and productive behavior whether you are working in-person or online

**Help students better manage frustration, reduce anxiety and impulsive behaviors** ... Help your students work more constructively toward personal and academic goals