

Increase Students' MINDFULNESS: Strengthen Your Students' Academic Success and Confidence While Reducing Disruptive Behaviors



A Unique One-Day In-Person Seminar
Presented by

Kristin Burke

Outstanding Presenter and Educator

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

Proven, ready-to-use tools for effective self-regulation, stress release,
and confidence boosting in your students

Ready-to-use systems to **decrease challenging behaviors while increasing
academic success** with all of your students

Practical strategies to transition your students from high activity to calm
concentration in seconds

Engaging MINDFULNESS techniques designed to **promote constructive
learning** for all students

Arizona

Phoenix – January 11

New Mexico

Albuquerque – January 12

Oklahoma

Oklahoma City – January 10

Utah

Salt Lake City – January 13

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

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

*"Kristin delivered the methods
in a simple, engaging way ...
I know my students will
be successful."*

Ten Key Benefits of Attending

"Kristin presented a very rich, in-depth seminar. I learned many new strategies and techniques and I now have a renewed sense of inspiration."



Who Should Attend

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

- 1. Decrease Distracting Behaviors**
Ideas to boost confidence in your students while creating a sense of calm and empowerment through MINDFUL practices and routines
- 2. Ready-to-Use Opening Routines to Start Each Day with Increased Focus**
Many students can't get past the challenges they bring with them to class ... Learn how to break the cycle of entering with negativity
- 3. Using MINDFULNESS Strategies to Maximize Learning Time and Engagement**
Learn easy-to-use strategies to develop MINDFULNESS without taking away from time-on-task or adding to your already-full-plate
- 4. Level the Playing Field for Disruptive Learners**
MINDFULNESS increases confidence leading to self-awareness, self-regulation and better behavior
- 5. Cultivate a Classroom Where Interactions are Receptive Rather than Reactive**
Discover strategies to reduce anxiety or high emotional exchange and apply them practically and immediately
- 6. Develop Complete Thinking and Self-Awareness with MINDFULNESS as a Cornerstone of Your Cohesive Community**
Watch academic success soar as a direct result of using MINDFULNESS in your classroom
- 7. Integrate Strategies to Stimulate Student Attention Skills**
Learn the tools needed to reduce anxiety and increase focus without distracting others or disrupting the classroom environment
- 8. Blend MINDFULNESS into Your Transitions and Classroom Expectations, Effectively Increasing Your Available Time-on-Task Throughout Each Day**
Equip yourself with a game plan to reach all learners with small inserts of MINDFUL practice, which will impact all learning and your use of time day in and day out for the better
- 9. Link High Standards for Success with More Complete Academic Achievement Through MINDFUL Actions Each Time You Call Your Classroom to Attention**
Watch your most challenging students succeed through the use of easy to follow, practical techniques
- 10. Receive an Extensive MINDFULNESS Resource Handbook**
Leave with a resource book and access to online resources with the newest ideas, strategies, and tips for integrating MINDFULNESS into your classroom

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Use practical MINDFUL strategies** to create a positive environment and reduce challenging and disruptive behavior in your classroom
- Best practices in MINDFULNESS for the classroom to **cultivate confident learners**
- Challenging behaviors dissolve through **MINDFUL motivation**
- Numerous **routines you can use immediately** to increase your effective use of time whether teaching online or in-person
- **Proven ideas** that have already been applied to K-12 classrooms and students of all ability levels with profound impact
- How mind-body connection – the center of MINDFUL strategies – is **easily woven into your existing routines** and transitions
- **Increase resilience** and expand academic success for all of your students
- **Tap into strategies that lead to self-regulation** and calm attention whether teaching online or in-person
- Academic achievement becomes the natural focal point of your classroom after establishing a culture of MINDFULNESS ... leave with **immediately applicable strategies**
- **Attention shifts with MINDFUL strategies** supporting each learner upon arrival to your classroom
- Confidence and attention shift for your learners in a **MINDFUL classroom community**
- Tested and proven strategies to **increase academic success** and reduce anxiety in your classroom
- **Increase time-on-task and decrease negative attention-seeking behaviors** in your most challenging students



"This was a great experience! It has given me new ideas and a wealth of new resources I can use. Thank you!"

Practical Ideas and Strategies

This engaging and interactive seminar will provide innovative techniques for strengthening the learning of all of your students in easy-to-use yet highly effective ways. **Kristin Burke** understands how MINDFULNESS can be a powerful tool for stress relief, self-regulation and mental clarity for all of your students whether learning online or in-person. She will share dozens of ways to incorporate MINDFULNESS into your existing program. As teachers, we do not have any control over what our students walk into the door with each day mentally and emotionally – this is where a disconnect can occur, no matter how well structured and supportive our learning environments really are. Now you can integrate innovative strategies that your students can lean on to improve their learning. Discover classroom-proven techniques that are easy to integrate into your existing classroom culture. Learn how to decrease disruption and increase calm and clarity ... leading to a significant increase in attentiveness, maximizing the use of each school day minute. Watch your students begin to soar when MINDFUL tools become natural habits in your classroom. You will leave this seminar with a new toolkit to help your students improve their classroom behavior, build greater confidence and enhance their academic success.



A Message From Seminar Leader, Kristin Burke



Uniquely Qualified Instructor

KRISTIN BURKE is a dynamic and enthusiastic presenter and an experienced educator. Invited to speak at wellness conferences, college campuses and K-12 schools, Kristin shares her expertise on working with disruptive students in a variety of settings. She believes that equipping students with tools to regulate their emotions, reduce their stress and improve their focus is a survival skill for today's learners and schools and districts must respond to this need to maximize students' success. Drawing on her experiences with elementary and secondary students, Kristin developed and tested her practical strategies on MINDFULNESS in the classroom. She is also the author of *Increase Students' MINDFULNESS: Strengthen Your Students' Academic Success and Confidence While Reducing Disruptive Behaviors (K-12)*, the resource handbook you will receive at the seminar. **Kristin's knowledge, experience and expertise in mindful practices translate into a seminar that is jam-packed with great ideas you will want to use immediately to improve student behaviors and increase learning!**

Dear Colleague:

With new technologies, fast-paced lives and increased demands, students in today's online and in-person classrooms enter needing strategies to decrease stress while increasing focus and learning. Even from the start of my career, I knew my students needed something beyond academics. At first, I wasn't sure what was missing. I just knew that something was. I could see in my students a high level of stress with low level skills for self-regulation. This led to my exploration of how mindfulness impacts our students' ability to focus, reduce stress and increase learning and the development of my seminar, *Increase Students' MINDFULNESS: Strengthen Your Students' Academic Success and Confidence While Reducing Disruptive Behaviors (K-12)*.

During our day together, you will receive suggestions and examples of MINDFUL strategies with roots in decades of practice, and intuitive benefit for all of your students whether learning online or in-person. You will have a chance to apply some strategies to our immediate experience, and then weave these strategies into your unique classroom community. Drawing on my classroom experience and my work with colleagues, I will share with you dozens of easy-to-use, classroom-tested strategies that you can immediately take ownership over and easily implement in your classroom right away.

I am thrilled to invite you into this new way of approaching your classroom routines and habits to better support your students as they enter your classroom with a wide array of needs. Join me in learning how to change the behaviors of your students for the better – changes that will positively impact them in your classroom and beyond. I am so excited to begin supporting YOU as you learn how to support your students with MINDFULNESS.

Sincerely,

Kristin Burke

P.S. The focus of our day together will be on **practical, classroom-tested strategies** that are easy to implement right away!

"During our day together, you will receive suggestions and examples of MINDFUL strategies with roots in decades of practice, and intuitive benefit for all of your students."

What Your Colleagues Say About Kristin Burke

*"I LOVED learning from Kristin and **learned many techniques for breathing and calming** to use with my students."*

*"I **learned various breathing techniques** to incorporate into my kindergarten classroom. My students are going to love them!"*

*"**Kristin's mindfulness lessons are easy to incorporate** throughout the day. I appreciate the quick strategies she taught me to use with my students to help them calm themselves, refocus and reenergize."*

*"I enjoyed this seminar. **LOVED the mindfulness activities** and strategies."*

*"**Kristin was excellent!** It is clear that she loves what she does and has proven ideas to support all students."*



About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers

Extensive Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources. (For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.)

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants

Program Guarantee

As we have for 44 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



"Kristin gave us a great variety of useful information! It was a day of insight into mindfulness and how it positively impacts all students."

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 or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Mindfulness Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Practical strategies to establish calm and clarity
- Ideas to empower your students with habits that increase confidence and establish self-regulation for success
- Strategies to increase focus and purposeful learning
- Discover ways to decrease distracting behaviors with MINDFUL habits
- Ways to cultivate a classroom where interactions are receptive rather than reactive

For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in incorporating mindfulness into their classroom.

Consultation Available

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

Meet Inservice Requirements / Earn State CEUs

Participants of In-Person Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit 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

A video recorded version of this seminar will be 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 Course

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

Increase Students' MINDFULNESS: Strengthen Your Students' Academic Success and Confidence While Reducing Disruptive Behaviors

Registration (LFX2W1)

- 1. **Albuquerque, NM** – January 12, 2022
- 2. **Oklahoma City, OK** – January 10, 2022
- 3. **Phoenix, AZ** – January 11, 2022
- 4. **Salt Lake City, UT** – January 13, 2022
— 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 LOCATION 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 (REQUIRED FOR EACH REGISTRANT)	
HOME MAILING ADDRESS	
CITY & STATE	ZIP CODE

IMPORTANT – PRIORITY ID CODE: ELPX2W1

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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(Be sure to include priority ID code on the P.O.)
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FIVE EASY WAYS TO REGISTER:

- REGISTER ONLINE** at: www.ber.org
- EMAIL this form to:** register@ber.org
- PHONE toll-free:** **1-800-735-3503**
(Weekdays 5:30 am - 5:30 pm Pacific Time)
- FAX this form to:** **1-425-453-1134**
- MAIL this form to:** **Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All In-Person Seminars are scheduled 8:30 a.m. – 3:15 p.m.
Check-in is 8:00 a.m. – 8:30 a.m.

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 In-Person Seminars or Recorded Seminars.

For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.

Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Albuquerque: Hampton Inn & Suites – Airport, (505) 246-3574
- Oklahoma City: Hyatt Place – Airport, (405) 682-3900
- Phoenix: DoubleTree Phoenix North, (602) 997-5900
- Salt Lake City: Hilton Garden Inn – Downtown, (801) 364-5200

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

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. 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.



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Increase Students' MINDFULNESS: Strengthen Your Students' Academic Success and Confidence While Reducing Disruptive Behaviors



An outstanding one-day In-Person Seminar

Includes an extensive Resource Handbook

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

MINDFULNESS Strategies: Decrease Challenging Behaviors and Increase Students' Success

LFX2W1



Bureau of Education & Research

Increase Students' MINDFULNESS: Strengthen Your Students' Academic Success and Confidence While Reducing Disruptive Behaviors



In-Person Seminar
 or Recorded Version

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

Presented by

Kristin Burke

Outstanding Presenter and Educator

Proven, ready-to-use tools for effective self-regulation, stress release, and confidence boosting in your students

Ready-to-use systems to **decrease challenging behaviors while increasing academic success** with all of your students

Practical strategies to transition your students from high activity to calm concentration in seconds

Engaging MINDFULNESS techniques designed to **promote constructive learning** for all students