



**Transforming school culture through mindfulness, positive psychology  
in education and SEL/SEAD.**

Our mission is to inspire innovative teaching and learning through mindful practices by fostering community, developing leadership skills and embracing each individual's unique genius.

## What is SEAD/SEL?

SEAD - Social-Emotional Academic Development

SEL - Social Emotional Learning

## Our Programs

### Leadership Development

Provide leaders with the tools they need to integrate essential practices into their leadership, cultivate a thriving work environment with mindfulness tools and encourage personal wellness to lead with creativity and clarity.

### Teacher Focused Professional Learning

Mindful SEAD professional learning services focus on practices to infuse SEL strategies through-out instruction. Content to content.

- Mindful-based social emotional academic development
- School safety and mental well-being through positive education Teacher Leader Academy for cultivating the whole teacher. Healthy Minds Lead to Healthy Schools.
- SEAD Champions: Personalized instruction and MSEL Coaching for mastery learning

### SEAD Endorsement

Mindful SEAD delivers 4 courses with 12 college credit units that have been approved by the Nevada Department of Education Teacher Licensure, which upon completion will lead to a SEAD Endorsement. Scholarships are available for all Nevada Educators!



Flip for more!

# Our Programs Cont'd

## Higher Education Alignment Initiative

A coalition of Mindful SEAD, NDE, and Nevada System of Higher Education (NSHE) to bridge and reinforce social-emotional supports to support the teacher pipeline. With a purpose to explore how social and emotional learning competencies and practices, State SEAD resources and support, and related State policies can purposefully reinforce education preparation. And to ensure more equitable learning environments and outcomes for all students' content standards.

## SEAD Leadership Summit for Educators

The SEAD Leadership Summit is two days of high-quality sessions presented by some of the nation's top SEL leaders. Sessions are designed to prepare SEL and SEAD approaches for school and district leadership to implement for self and school culture. The immersive interactive platform offers networking with colleagues from around the state—funded with grants from Title IIA of the Nevada Department of Education.

## Higher Ed. Leadership Summit

The Higher Education Leadership Summit is in conjunction with Great Basin College, Truckee Meadows College, Nevada State University and the Nevada Department of Education. The Higher Ed. Leadership Summit is comprised of 2 days of in-person learning sessions to fully support participants and those interested in participating in the Higher Ed Alignment Initiative. Scholarships will be awarded to sixty (60) participants to further the initiative action plan and outcome goals.

## MSEL Coaching

Mindful Social-Emotional Leadership Coaching is a brief model of the positive psychology coaching process to empower education leaders with the tools, strategies, and skills to facilitate systemic change in a positive, healthful, and sustainable way. One-on-one coaching and certification course provided to all participants.

## SEAD Champions

This initiative has a goal to increase SEAD subject matter expertise and resources across the state specifically for school leaders and administrators. School leaders take on the role of a Champion for SEAD and with support, lead the transformation to a mindful, inclusive socially and emotionally aware school culture.

## Facebook Community for Mindful Educators

Mindful SEAD has created a Facebook group specifically to support an open discussion forum and meeting place for mindful educators to support educators and those involved in education to collaborate, learn, and grow around the application of mindful social-emotional learning.



## Want to get involved?

Scan QR for more info!

