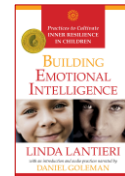




SWBOCES PD CENTER PRESENTS  
**THE MINDFUL SCHOOL LEADER:  
CULTIVATING FULL PRESENCE**

WITH LINDA LANTIERI, AUTHOR OF  
*BUILDING EMOTIONAL INTELLIGENCE: PRACTICES TO  
CULTIVATE INNER RESILIENCE IN CHILDREN*



**MAY 19, 2017 8:30-3:00**

450 MAMARONECK AVE HARRISON, NY 10528

This workshop will address the benefits of developing mindfulness practices that strengthen leaders' social and emotional capacities to:

- Help them be more fully present
- Explore how we can nurture our own sense of purpose and create opportunities for reflection and personal renewal
- Use calming and focusing practices
- Help people to stay emotionally balanced and deal with stress more effectively

Register on [mylearningplan.com](http://mylearningplan.com) **[My Learning Plan Link](#)**

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