

PROSPECTUS

Mission:

Partner with schools to create positive cultures focused on growth and well-being. Provide education and training in research-supported practices to maximize balance, calm, confidence and connection.

Past and Current Projects:

Multi-year consultation on culture

- In-service day for faculty
 - Presentation on the role of behavioral, emotional, and attentional self-regulation in optimal well-being and peak performance
 - Engage faculty in experiential activities related to cognitive neuroscience and interpersonal communication
 - Trained faculty in research-based practices for behavioral, emotional, and attentional self-regulation
- Creation of culture committee
- Culture committee retreat to set agenda for character and culture project
- Meetings with parent organization, trustees, departmental and divisional groupings of faculty
- Individual coaching and training for faculty and staff
- In school retreat of mixed groups of trustees, faculty, parents, and 4th – 12th grade students
- Faculty retreats – 1/3 of faculty at a time
- In-service days for faculty to support incorporation of practices into classrooms, athletics, arts, etc...

Multi-year consultation on mindfulness and design-based leadership program

- Faculty and administration training in attentional practices and design thinking
- Development of curriculum
- Student orientation program
- Weeklong student intensive
- Support for student designed and implemented orientation for new faculty and students

Multi-year consultation on mindfulness-based stress reduction program

- Introduction to well-being research and attentional practices for administration, faculty, and parents
- Development of practice guide
- Training, observation, and coaching for faculty
- Intensive student training
- Orientation for new faculty

Annual weeklong visits

- Meetings with classes to teach about the brain, attention, and the power of practice
- Presentations for parent association
- Presentations for faculty
- Meetings with individual students and faculty for coaching

Faculty training and ongoing support

- Summer professional development days
- Monthly trainings
- Quarterly trainings
- Annual trainings

Speaking

- Presentations to administration, faculty, parents, and/or students on the role of attentional training and the power of practice in stress reduction, learning, and well-being.

Workshops and Retreats

- 1-2 day experiential workshops to build community and to introduce concrete practices related to self-regulation and well-being

Facilitation

- Meetings with multiple parties to resolve conflict and create collaborative relationships
- Meetings with teams to design effective approaches to cultural initiatives

Coaching

- Working with teachers, administrators, and trustees individually to develop more effective inner personal and interpersonal practices

References:

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