

*Presents:*

# **Culture of Care**

## ***Train the Trainer***



The **Culture of Care** training prepares educators to deliver breathing, mindful movement, and relaxation exercises in the classroom, and to train colleagues to do the same.

The training is delivered in two full-day sessions; each session includes a self-care practice for participants, as well as time for Q & A and practical implementation strategies.

### **Day One: The WHY**

- Explore the effect of stress on the field of education and the importance of self-care for educators. Participants will learn to implement Pure Edge's Brain Breaks program and will also practice teaching mindful movement sequences from the Pure Power Curriculum.

### **Day Two: SEL & Culture of Care**

- Building from day one, educators will leave prepared to build a Culture of Care in their classrooms and schools. Participants will move deeper into SEL and how mindfulness supports SEL by improving the stress response and promoting self awareness in the classroom.

***October 8 & 9***

***Or***

***October 11 & 12***

***8:00am to 2:30pm***

Marin County Office of Education  
1111 Las Gallinas Avenue

**To Register:**

**<https://pure-edge-culture-of-care.eventbrite.com>**

**If you have questions:**

**Education Services Department:**