



*Lessons from Reggio Emilia*  
**Bright Start Child Development Center**

1617 Anacapa St.  
Santa Barbara, CA 93101  
(805) 963-2024  
[www.brightstartonline.com](http://www.brightstartonline.com)

## Mindfulness in Education

With

Mindfulness and Mindful Leadership Expert  
**Dawa Tarchin Phillips**



**\*\*Saturday, October 21<sup>st</sup> 9:00am-1:30pm\*\***

The role of **mindfulness in education** is emerging as an important opportunity. Educators, scientists, administrators and leaders are increasingly recognizing the value of cultivating attentional focus and emotional regulation for both students and teachers. Mindfulness training programs have well-established benefits on teachers' health, mood, self-compassion, classroom management, occupational stress and burnout. Similarly, mindfulness training for children and youth can reduce mind-wandering, improve academic achievement, reduce stress, and improve well-being. For mindfulness to be sustainably integrated into schools, evidence-based training programs need to be effective, scalable, and taught by skilled teachers and trained facilitators.

Join us for a brief presentation by one of the leaders in the field on the pivotal role of mindfulness in making education more effective and enjoyable for the 21<sup>st</sup> century. Followed by a Bright Start tour and Final Reflection.

**Venue:** *First Congregational Church 2101 State St., SB, 93101 Followed by a Bright Start tour and Final Reflection 12:30pm-1:30pm*

### About the Presenter

**Dawa Tarchin Phillips** is the CEO of Empowerment Holdings, a U.S. based international leadership training and consulting firm that trains educators, business leaders and organizations in Mindfulness and Mindful Leadership. He is the Co-founder and Director of Education of the Center for Mindfulness and Human Potential at Department of Psychological and Brain Sciences at the University of California Santa Barbara, and the Co-founder of the Mindful Leadership Online Training Conference which reaches over 20,000 leaders in 30 countries. He and his work have been featured in the NYT, Forbes, Men's Fitness and Fast Company. To learn more about Dawa and his work go to [dawatarchinphillips.com](http://dawatarchinphillips.com)

# How Context Inspires Literacy

Presented by

Marcela Caceres & Jan Javier

**\*\*Saturday, November 11<sup>th</sup> 9:00am-3:00pm\*\***

- How can materials support literacy in the classroom?
- How can creativity enhance the narrative of our storytelling?
- What is the role of the environment in the creative process of stories?
- How can we extend literacy in the outdoor space?
- How can the structure of Story Workshop support creative stories and writing?

Afternoon session will be a hands-on story workshop.

**Workshop will be held at two nearby locations:**

**Morning Session** – *First Congregational Church 2101 State St., SB, CA 93105*

**Afternoon Session** - *Bright Start: 1617 Anacapa St., Santa Barbara, CA 93101*

## About the Presenter

**Marcela Caceres** have 30 years of experience in working with children, she holds a degree in Early Childhood Education from Buenos Aries, Argentina. Marcela Caceres has been the owner/director of Bright Start Child Development Center in Santa Barbara for over 20 years. She has implemented the Reggio Approach at her school for several years, visited Reggio Emilia, Italy and leads workshops related to the Reggio Approach in California. She is also a member of NAREA (North American Reggio Emilia Alliance). Her passion is creating environments where children are respected, loved and able to achieve their highest potential.

**Jan Javier** has 10 years experience in working with children and holds a degree in Liberal Studies with a concentration in Child Development and Education from Antioch University, Santa Barbara. She has been a teacher at Bright Start Child Development Center in Santa Barbara for 6 years. Jan has taken a large number of workshops in the Reggio Philosophy, loves learning new ideas and concepts, and continues to be inspired by the work and the children everyday.

# REGISTRATION FORM

TO INSURE PARTICIPANT INTERACTION, SPACE IS LIMITED.  
EARLY REGISTRATION IS ADVISED.

Workshops are non-refundable/no cancellation policy.

*Please check the workshop(s) you wish to attend:*

\_\_\_\_\_ **Saturday, October 21, 2017** (9am-1:30pm) **\$50**  
**Mindfulness in Education With Mindfulness and Mindful  
Leadership Expert Dawa Tarchin Phillips**  
**Followed by a Bright Start tour and Final Reflection**

\_\_\_\_\_ **Saturday, November 11, 2017** (9am-3pm) **\$75**  
**How Context Inspires Literacy**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

E-MAIL \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS  
\_\_\_\_\_  
\_\_\_\_\_

**Please make check payable to Bright Start**  
**Send to: Bright Start**  
**1617 Anacapa St.**  
**Santa Barbara, CA 93101**

