



MINDFUL YOU MINDFUL ME

Heidi Woods, Occupational Therapist and Mindfulness Educator

WHY MINDFULNESS AND SEL?

Mindfulness practices cultivate a culture that is rooted in empathy, kindness, cooperation, and compassion so we raise the next generation of conscious communicators, empathetic leaders, and thoughtful, resilient, problem solvers. The mindfulness training I provide gives us a path to achieving that.

Studies show improved attention, enhanced creativity, and higher performance levels in those that practice mindfulness. Mindfulness for Social and Emotional Learning (SEL) models behaviors related to emotion recognition and regulation. It provides tools for resolving differences by developing greater emotional intelligence and communication skills. While the skills of the approaches have considerable overlap, SEL more explicitly focuses on creating harmonious classrooms and communities. Mindfulness invests heavily in developing self-regulation.

A young girl with long brown hair in a braid, wearing a white knit beanie and a black long-sleeved shirt with a colorful graphic, is sitting cross-legged on a green mat. She has her eyes closed and a peaceful expression. The background is a blurred classroom setting with shelves and papers. A large light blue circular graphic is overlaid on the right side of the image.

METHODOLOGY

Bringing mindfulness to your staff is a simple way to make your teachers lives healthier and happier, and school climates more respectful and compassionate. Healthy stress is a natural part of life, including childhood. However, in the modern education system, healthy stress is frequently displaced by toxic stress. Toxic stress occurs when life's demands consistently outpace our ability to cope with those demands. Because the roots of toxic stress lie deep in the nervous system and children mirror the nervous systems of the adults around them, we need tools that go beyond the conceptual mind to directly target that system.

My goal is to help teachers achieve and maintain balance and well-being by navigating challenges, managing stress, regulating their emotions, and becoming more engaged in teaching by practicing presence. When we focus on building resilience to stress and anxiety we can begin to embody mindfulness to shift the culture of a school.

TESTIMONIALS

"Heidi has an excellent way of expressing the benefits of being mindful and presenting information from an easy to understand perspective. She doesn't overcomplicate the message and brings in personal examples of success. Whether you are 4 or 94, Heidi can stir your inner awareness and help you take on any challenges the days may present."

- DR. KAREL SOVAK, UNIVERSITY OF MARY BUSINESS PROFESSOR -

"Bringing Mindfulness into schools is an important aspect of teaching kids about themselves, their emotions and how to be more self-reliant when it comes to coping skills. Heidi did a great job in relating to our students the need to manage their stressors and feelings along with providing them with the skills to do so. I would highly recommend this skill building piece in any K-12 curriculum that deals with any social/emotional themes."

- MR. WANGEN, LIBERTY ELEMENTARY SCHOOL COUNSELOR -

"Not only did Heidi provide actionable approaches to incorporating conscious communication into the workplace, but her demeanor and presentation embodied the mindfulness she teaches. Many employees left the presentation with new tools for stress management and mindfulness and a greater appreciation and understanding of how to control their work environments and stress through meditation. We wholeheartedly recommend Heidi for any organizational training along these lines."

- LACEY LANGE, BISMARCK STATE COLLEGE -



ABOUT HEIDI

I am the Founder and Director of Training of Mindful You - Mindful Me. My background includes serving as a 2013 Bush Leadership Fellow through the Bush Foundation, TEDx speaker, Occupational Therapist, Certified Nonprofit Professional, 200 RYT Children's Yoga Teacher, and Mindfulness Educator certified by Mindful Schools.

As a school-based OT, many of the kids I would see lacked the social and emotional skills necessary for learning. The teachers I worked with were facing growing behaviors in the classroom and experiencing more stress. Stressed kids and stressed teachers? Something had to be done. That's when I formed Mindful You-Mindful Me and began leading trainings in schools, prisons, universities, and youth correctional centers.

SERVICES OFFERED

Professional Development Trainings

Workshops

Yoga+Mindfulness Sessions with Classrooms

*“When a flower doesn’t bloom you fix
the environment in which it grows,
not the flower.”*

- Alexander Den Heijer

CONTACT

Contact Heidi for a free 30 minute consultation

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