

EDU 716 Mindful Leadership in Action

What course participants said at the end of the course!

I hoped to gain new ideas and perspectives to bring back to our mentor program and certainly believe this course did that!

This course exceeded my expectations as I gained multiple tools and strategies for becoming a more reflective leader.

Celebrating successes formally to start any mentor meeting or conversation or training.

I've introduced teachers to several mindful exercises and received a lot of positive feedback already. I will continue to use it and build awareness.

A balanced mentoring conversation is key to novice teacher growth.

I have used the knowledge and shared resources to develop a District Action Plan for Induction that includes principal participation.

My key takeaways were that Mindfulness is important in the school building because in order for students to achieve happiness and peace in school they should have role models. I also realized that a mindful leader is more able to support teachers and a school building.