

## Embodied Teaching: Clarity and Compassion in the Classroom

September 6th, 7:00-8:30 pm EST



Theresa Meikle is an educator, consultant, and facilitator with experience as a school teacher and administrator. She teaches Cultivating the Compassionate Classroom through the School of Continuing Studies at University of Toronto. Theresa is a certified teacher and advocate for mindfulness and compassion practices in classrooms, schools and workplaces.

**Coming into presence in our classrooms with a clear sense of our motivations and our intentions to support student flourishing has never been more important. Knowing our own minds and what matters most to us as teachers is essential. Mindful Compassion invites us to take care of ourselves, understand what motivates us and align our actions with our desires.**

This 90-minute session will include:

- an exploration of teacher identity and embodiment
- mindful compassion practices for teacher wellbeing and flourishing
- community building in the classroom - common humanity and kindness

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