



# S.A.G.E. Wellness

Building educator capacity one breath at a time  
[www.wellbeingforteachers.com](http://www.wellbeingforteachers.com)

## S.A.G.E. Foundation Workshops

S.A.G.E.'s Foundation Workshops introduce mindfulness as a driver of capacity building & well-being in schools.



### Introduction to Mindfulness: Self-Care, Teacher-Student Relationships & Academic Performance

Learn how stress impacts teacher-student relationships & academic performance, while exploring the importance of mindfulness & self-care.



### School Discipline for the Nervous System: Mind-Body Coherence & The Breath

Dysregulation cannot regulate dysregulation. Explore ways to re-calibrate the nervous system with the breath and learn how school discipline can foster well-being.

## S.A.G.E. Restorative Workshops

S.A.G.E. Restorative Workshops focus on building the pre-requisite capacities needed to mindfully & effectively engage students inside and outside of the classroom.

### Respond vs. React: Affective Communication + Restorative Questions

Learn to use mindfulness as a catalyst to respond vs. react before, during, and after a conflict.

### Everyday Mindfulness: Facilitating Dialogue Circles

Explore engaging ways to introduce mindfulness in your school thru dialogue circles. Build facilitator skill through games, mind-body exercises, and mindfulness practices.

## S.A.G.E. 'UpRoot' Workshops

S.A.G.E. 'UpRoot' Workshops teach ways mindfulness can reduce inequity at the level of thought, action, and awareness.

### Roots & Branches: Meta-cognition, Mindfulness, & Awareness

Cultivate a meta-cognitive lens and learn ways that mindfulness can increase awareness in order to decrease inequity in schools.

### Mining the Mind: Dismantling Implicit Bias

Learn how implicit bias impacts school success & performance and ways mindfulness practices can begin to uproot it.