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New Mexico
Public Schools
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Complimentary Professional Development for Educators Technical Assistance Program

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA ZOOM

Mindfulness-Based Practices Coaching Series

4 Sessions | Oct 7, Oct 14, Oct 21, Oct 28, 2026 | Weds 4:30-5:30pm

Presented by Heidi Brown, C-IAYT

TAP Consultant

Series Objectives

- ◆ Establish 5 minutes of daily personal mindfulness practice incorporating breathing techniques, centering, and/or movement.
- ◆ Gain confidence leading basic mindful movement, breathing techniques, and centering practices with students and colleagues.

Sessions incorporate a mix of background information, experiential learning, practice teaching in breakout groups, and Q & A. Please be prepared to participate and engage in practices and activities. Each session builds upon the previous session. This series will not be recorded.

Session 1 | October 7, 2026 | Preparation (*to implement mindfulness-based practices*)

Session 2 | October 14, 2026 | Breathing Techniques

Session 3 | October 21, 2026 | Mindfulness-Based Practices to Support Energizing

Session 4 | October 28, 2026 | Mindfulness-Based Practices to Support

The sessions are the same. A Survey will be posted in the zoom chat at the end of each presentation. You must complete the survey to receive a Certificate of Completion.

October 7th Click

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