



Professional Development Workshop #3

Thursday, February 3, 2022

4:30 pm-6:30 pm

Registration Deadline: Thursday, January 27, 2022

Mindfulness Matters



This workshop will provide participants with a foundational understanding of what mindfulness is and how it can be used when connecting with your students and connecting with yourself. Participants will also gain an understanding of the effects of mindfulness on our brains. Incorporated in the workshop will be several mindfulness techniques that can be used at any time.

REGISTRATION GUIDELINES:

- Participants must meet NJEA Membership Criteria and work in Burlington County.
- This workshop does qualify for professional development credit hours. If you do not stay until the conclusion of the presentation, you **WILL NOT** receive the PD credit hours or certificate of attendance from NJEA.
- Cancellations must be received by phone at the BCEA office 48 hours prior to the workshop. If you fail to notify the office and do not attend a workshop, you will be charged \$25.00.
- The workshop begins **promptly** at the time stated. You will not be admitted if you arrive 15 minutes after the start of the workshop.

Click [HERE](https://bceanjea.org) to register or go to our website: *bceanjea.org*