

FREE
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GROWING UP MINDFUL



Dr. Chris Willard

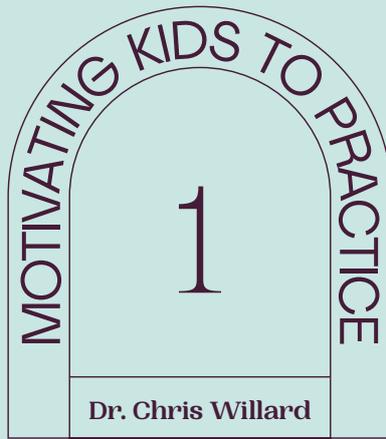
Why Should I Share Mindfulness with Kids?

If you've come this far, you've already discovered the incredible power of mindfulness in your own life. And if you are like me, once you found mindfulness, you wanted to share, especially with young people.

Look, when I started trying to share mindfulness with kids and teens twenty years ago, I made a lot of missteps and mistakes. But in the twenty years since, I've practiced, researched, and written extensively on bringing mindfulness to schools, therapy, and families.

Plus, the research is now clear, thousands of studies on mindfulness are coming out each year, including more and more on young people in terms of learning, mental health, and even physical health. Neuroscience research that shows the way mindfulness can change the shape and structure of the brain is now old news, with even more recent research finding the ways that mindfulness can alter our genetic material for resilience and thriving, in a process called epigenetics.

So if you want to share all of this with young people, this is the place to start.



Motivating Kids to Practice

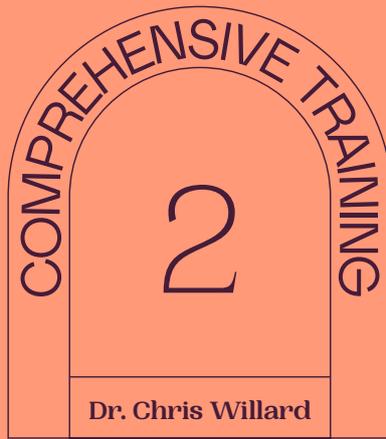
Why Should I Share Mindfulness with Kids?



You don't! The practices we will be exploring in this course include stillness practices, but also include games, play, visualizations, movement, arts, music, and more. We will also discover research-backed ways that we can motivate and engage kids of all ages and interests in practices that fit them, rather than trying to force a curriculum on your students, clients or your own children. Mindfulness is more than just breathing, and so is this course. We will be making practices fun and accessible, learning adaptations and creating our own new practices.

We will also explore the most up-to-the-minute neuroscience and research on the ways that mindfulness benefits all of us, and how sharing neuroscience in simple ways can help kids get curious and motivated to practice.





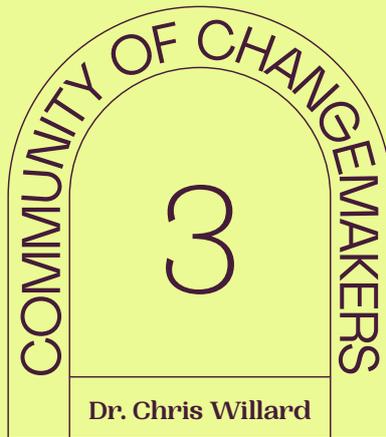
Comprehensive Training



But there are so many kinds of kids, and so many trainings to choose from?

Learning differences, cultural differences, developmental differences, and more all affect how children and teens learn best. This course explores ways to adapt mindfulness, rather than approach with a one-size-fits-all approach. Learning to customize mindfulness for your kids is a philosophy that I've brought to hundreds of clinics, classrooms, and organizations around the world. Our work together on creating your own mindfulness program is one of the unique elements of the course.

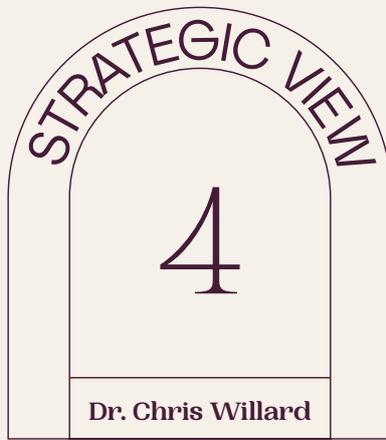
As a mental health practitioner, I have spent the past twenty years tailoring mindfulness techniques to a range of issues, including depression, anxiety, executive function challenges, trauma, stress, and more. More recently, I've been adapting these for self-regulation and resilience in the wake of the recent pandemic. Different practices will engage different learning styles through arts, sports, games, music, technology, and more, for attention spans ranging from 30 seconds to 30 minutes.



Community of changemakers



I realized that what has been missing in other trainings I've offered is a sense of community and ongoing support. As I create this online offering that's truly mine, what I wanted was to center on community, and create that community together. It's hard enough to be on this journey alone, what we need are like-minded, innovative changemakers to support us along the way. With large and small group activities, accountability partners, and a safe space to make mistakes and be vulnerable, we have an incredible opportunity to build a movement together.



Strategic View



Bringing mindfulness into organizations, schools, and systems, whether you are an insider or an outsider looking to create a program.

To be honest, I've found that getting kids interested in mindfulness is often the easy part. The hardest part has been engaging larger systems- be they schools, hospitals, clinics, or even parents in a family. Over our time together, we will explore and brainstorm strategies for building out programs wherever you work and getting the adults on board. What's more, we can discuss business strategies to build a platform and get your mindfulness program out into the community.

Start Now! or your habit of doing it later will win

In the Skillful Means Program you will immediately start on a new life-long journey of learning how to share mindfulness with kids. We teach you how to translate your insights into actions that will align the trajectory of your life toward well-being.

Below are the essential components to a modern meditation program:

Teachings

Weekly videos covering topics such as the physiology and psychology of meditation, Zen stories and applying meditation to your daily life.

Q & A Calls

Get answers to burning questions about your practice and share success and struggles with fellow meditators on weekly calls.

Insight Journal Questions

These are prompts to help you recognize insights and think about ways you can bring this practice into your real life.

Partner exercises

Start creating your supportive community. Meet with a partner on a weekly basis to practice applying mindfulness skills and get personal feedback.

Daily Meditation Recording Prompts

Guided meditation recordings that build in a systematic program to get you steady clear results. Curated Content Readings, videos talk curated from the best practitioners in the field to create a coherent narrative.

