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Mindfulness, Compassion and Happiness: Innovative Strategies for Success Inside and Outside the Classroom

Date: Thursday, February 5, 2015

Place: OISE (252 Bloor West room 2-212 (second floor)
(St. George Subway Station)

Time: 7:00 - 9:15 p.m

Claudia Santos – Weston Collegiate

Lorne Young – Upper Canada College

The Mindfulness, Compassion and Happiness (MuCH) Spiral is a program for all grade levels that will contribute to our collective desire for creating a better and more peaceful world. The goal is to help bring the qualities of mindfulness, compassion, empathy and emotional intelligence to students and teachers and in turn foster deeper contemplation, creativity, academic success and greater happiness.

This program helps educational leaders, teachers and students bring greater focus and awareness to everyday interactions and interconnections. It includes mindfulness meditation techniques to employ in the classroom and step-by-step strategies to help cultivate and deepen compassion and true service. This can lead to improved character, develop kindness and greater levels of happiness.

MuCH will provide participants with experiential opportunities to explore these practices and develop strategies as to how to incorporate them inside and outside the classroom. These strategies will demonstrate how clarity of attention and intention can work together to increase compassion and happiness and how focusing on both the practice and science of mindful awareness can improve our lives.

Lorne Young has been teaching Western Science and studying Eastern Science since the mid 1970's and has been researching the practical application of the synergy between these two paradigms for the past two decades. An author of several books, he has been involved in enhancing the areas of academics, athletics and the building of character, including leadership, integrity and compassion. Lorne is presently an international speaker, IB teacher training workshop leader and IB examiner for International Baccalaureate.

Claudia Santos has been a French and History teacher with the TDSB since 2001; the IB Guidance Counselor as well as the IB CAS Coordinator since 2009 at Weston Collegiate, and most recently a presenter on Strategies and Techniques for Stress Management. Over the years, and through the study of Reiki, Meditation and Mindfulness, she has focused her attention in developing strategies to help students deal with stress and anxiety and is convinced of the importance of incorporating Compassion and Kindness inside and outside the curriculum.

To register, email pdkut.register@gmail.com. This is a FREE event