



**TIME IS THE
GREATEST
GIFT WE
CAN GIVE**

PROJECT INWARD

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High schools are hectic busy places for students and educators alike. Imagine giving everyone at school a bit more time. Time to reflect. Time to connect to inner wisdom. Time to create deeper awareness.

ProjectInward is a mindfulness program specifically developed for senior high school students, and their teachers, that combines coaching theory with mindfulness best practices. The goal of the program is to encourage grade 11 and 12 students to slow down, achieve greater wellness and clarity, and to be more intentional in their life choices.



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COACH IN RESIDENCE PROGRAM

At **ProjectInward**, we believe coaching can be a powerful tool for young adults as they prepare to make the transition from high school to undergraduate studies. The final years of high school are so busy it can be challenging for students to find the time or space needed to reflect and become clear on their future.

The Coach in Residence Program offers personalized one-on-one coaching, mindful visioning retreats, workshops and presentations designed to promote mindfulness, inward reflection, and a slower pace.

The following pages outline the different options available through **ProjectInward**. Schools can customize their Coach in Residence Program to suit their specific needs for both students and educators.

PROJECTINWARD FOR STUDENTS CAN INCLUDE:

- Mindful Visioning Retreats
- Student Workshops
- One-on-one Coaching Sessions

PROJECTINWARD ADD ON CONTENT FOR EDUCATORS:

- Educator Professional Development Workshops
- One-on-one Coaching Sessions (*for stress management and mindfulness*)

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MINDFUL VISIONING RETREATS

GRADE 11/12 (In-house or off-site)*

A customized group coaching experience that is specifically designed to help grade 11 or 12 students get clear on their next steps and future goals.

On this retreat, participants will learn to how pausing and looking inward can help to access the inner wisdom needed to imagine their future self. We'll use mindfulness exercises, time in nature, inquiry, visual templates and creativity as tools for clarifying who and how they want to be in the world after graduation.

All retreat locations require access to green spaces and the retreat size is capped to ensure the best quality of experience. Consecutive days can be booked to accommodate all students in the grade.

Add one-on-one coaching sessions to the Mindful Visioning Retreat to gain greater depth and effectiveness to the visioning experience.

**Retreat length can be customized to fit school's needs.*



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STUDENT WORKSHOPS

Our workshops are designed to help students develop and implement strategies for navigating the pressures of high school life. They are both interactive and experiential, focusing on wellness as a path to greater effectiveness and performance.

WHY SLOWING DOWN MATTERS *(one to three hours)*

The pressures of high school are real and feelings of stress, anxiety and overwhelm are common. For many students, it can feel like there aren't enough hours in the day to manage school, sports, work and social commitments.

In this experiential workshop, students are introduced to the research behind mindfulness and inward reflection as powerful tools to cope with our busy world. Students will learn concrete mindfulness practices and discuss strategies for navigating daily pressures and advocating for their own wellbeing. Students will also learn how accessing a slower way of being can promote greater focus, creativity, intuition, wisdom and effectiveness in the classroom.

Note: Presentation includes follow up activities and practices that teachers can use in the classroom.

THE ENERGY IN/ENERGY OUT EQUATION *(one to three hours)*

Time is limited, a fact that becomes abundantly clear in high schools. Trying to balance school, sports, family and work commitments can feel impossible.

This experiential workshop will introduce students to the four dimensions of energy: physical, mental, emotional and spiritual. They will learn concrete techniques for managing their own energy levels to create a significant impact on their wellness and performance.

Note: Presentation includes follow up activities and practices that teachers can use in the classroom.

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EDUCATOR PROFESSIONAL DEVELOPMENT WORKSHOPS

Personal development of educators is essential in supporting the growth of the student. **ProjectInward** offers educator variations of the student focused workshops designed to help teachers address issues specific to their role as an educator, work on their own personal development and explore techniques and strategies that can be implemented in the classroom.

WHY SLOWING DOWN MATTERS *(two to five hours)**

Time can be scarce and feeling there is too much to do can be overwhelming. This is an experiential workshop where educators are introduced to the neuroscience and research behind mindfulness and the power of slowing down as a strategy for doing more.

Educators will learn and practice concrete and specific techniques for reducing stress and improving their ability to access greater awareness, creativity and empathy in the classroom. This workshop will also explore techniques and strategies for implementing mindfulness into the classroom.

Note: Presentation includes follow-up practices teachers can use to support their teaching practice.

THE ENERGY IN/ENERGY OUT EQUATION *(two to five hours)**

Time is finite. No one knows this better than high school teachers balancing course loads, extra-curricular commitments, health and family can feel impossible. This experiential workshop, will introduce educators to the four dimensions of energy: physical, mental, emotional and spiritual. They will learn concrete techniques for managing the energy in/out equation and achieving optimum wellness and performance as educators.

Participants will also explore ways to design learning that both optimize and support student energy levels.

Note: Presentation includes follow-up practices teachers can use to support their teaching practice.

**Longer workshops allow for deeper exploration and practice.*

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ABOUT JULIE

During a leave from teaching in 2015, Julie discovered she was suffering from adrenal fatigue. Her path back to health led to a deeper understanding that speed and busyness are not synonyms for effectiveness and meaning. Julie combines relevant classroom experience with invaluable knowledge of mindfulness together in this unique and necessary program.

As a life-long learner and educator with almost 20 years experience working as a teacher in independent schools in both Ontario and Alberta, Julie leverages her skills as a Master of Education, certified Professional Integral Coach and professional visual facilitator to deliver **ProjectInward**.

Don't allow the busyness of school to impede your students' success.

Contact Julie to discuss how **ProjectInward** can add value to your school community.



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