



Pure Community

Thank you for joining us!

Session: Mindful Mondays

Trainer: Anne Contreras, Director of Programs

Getting Started:

1. You will receive a follow-up email within 24 hours of this session and that will serve as your certificate of completion. This is for live webinars only.
2. If you have any questions, please type them into the Q&A box.
3. Remember to also sign up and register in your respective district/agency's system in order to receive credit if needed.
4. Be sure to keep a pen/pencil/paper nearby to jot down your thoughts.



Follow us @pureedgeinc
Website: www.pureedgeinc.org
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Introductions

Anne Contreras

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Director of Programs & National Trainer

MACP, MFTi #87444

Doctoral Studies

Somatic Psychology (Embodied States)

Foundation: Trauma



Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.





Engaging Activity: Breathing Ball



Session Objectives

- ❖ Practice aspects of self-awareness.
 - ❖ Experience a mindfulness practice.
 - ❖ Explore the interconnectedness of mindfulness and SEL.
-



Practice





Engaging Activity: Attitude of Gratitude



Optimistic Closure:

Future Me

- Write a message to your future self.
- What reminders of how you are feeling right now do you want to capture in writing?
- What message of encouragement do you want to send to yourself?
- If you want to share with us, please use the Q & A box.



Image Source: <http://muffyhand.com.au/future-search-community-consultations-that-work/>



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**Pure
Edge**

Success Through Focus

Strategies for educators and learners to develop social, emotional, and academic learning skills through mindful movement and rest.



●
breathe

●
move

●
rest



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