

Plugged Into Mindfulness

Supporting Mental Health and Emotional Resilience

Proposal for Professional Development & Additional Offerings

2022

Whether you're a school leader, counselor, health and human service or medical professional, or athletic trainer, mental and emotional well-being is of the utmost importance. Research shows that individuals who learn mindfulness not only reduce their own stress levels and minimize burnout, but are more attentive, empathetic, emotionally regulated, and effective in everything they do.

Not only that, but the populations these people work with reap the benefits of improved attention, greater social-emotional skills, and a reduction in anxiety, stress, and depression. They learn healthy coping skills and respond skillfully to challenge.

It's a win-win for everyone.



WHY PLUGGED INTO MINDFULNESS BY HBPS?

Our Work is Evidence-Based

Our program has been proven to:

- Reduce feelings of fatigue or “burnout”.
- Improve self-efficacy around stress management.
- Increase feelings of compassion towards oneself and others.
- Improve ability to recover from stressful events, and/or be more flexible in dealing with challenging situations.
- Improve overall personal well-being.

Research confirms that mindfulness practices:

- Improve focus and attention
- Increase resilience (improving and protecting mental health)
- Create positive social/emotional outcomes

We Meet Standards in Education

- Approved for Act 48 credits in Pennsylvania
- Aligns to CASEL SEL guidance (focus area 3)
- Adheres to the Five Core SEL Competencies:
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision-Making.
- PaTTAN-recognized MTSS intervention



Emphasis on the Positive Trickle-Down Effect

Emotional energy trickles from the top down within any system, whether it's a corporate, family, or educational system. That is why we emphasize training of administrators, counselors, and educators in the mindfulness mindset and techniques: so they can gain greater focus, emotional regulation, and resilience. With such positive outcomes in leaders, others are positively impacted before they even learn the first concept of mindfulness. Eventually the whole organization climate can shift toward greater awareness, self-management, and decision-making.

We Use a Trauma-Sensitive Approach

Plugged into Mindfulness creator, Joni Sturgill, LPC, NCC, ERYT, draws on her training with Daniel Libby, PhD., RYT (creator of Mindful Resilience for Trauma Recovery), and Bessel Vander Kolk (Trauma researcher and author of *The Body Keeps the Score*), to include a trauma-sensitive approach in the curriculum, creating a safe and inclusive environment for all.

Our Program is Customizable and Personable

While the Plugged into Mindfulness Professional Development training is most ideal to create lasting change throughout your organization, other options and supports are available. Plus, our offerings aren't ONLY online, but we offer face to face sessions, which are important for creating greater focus, engagement and more mindful communication/better relationships.



Plugged Into Mindfulness Professional Development

Purpose:

This 10-session course in mindfulness training serves three purposes:

1. **Learning self-care.** Chronic stress and burnout are a big issue in many fields these days. This negatively impacts mental and physical health and can have negative consequences for the work environment. Research shows that mindfulness training offers professionals stress management tools and facilitates an overall increase in self-care, increasing well-being as well as their efficacy.
2. **Becoming a more mindful professional.** Mindfulness practice is associated with qualities that are critical to being effective in any workplace, such as attention, empathy, and emotion regulation.
3. **Developing a foundation for offering mindfulness instruction to others.** Self-care and the embodiment of mindfulness practices are essential to teach the practices to others.

Course Aims and Outcomes:

To understand in theory and research, and to embody in practice, mindfulness and breathing techniques with the intention of developing:

Attention Skills

- Greater ability to concentrate (spatial, temporal and suppression assumption)
- Finding clarity (having discrimination through detection and intense focus)
- Experiencing equanimity (a balanced internal state regardless of circumstances)

Emotional Intelligence (EQ growth)

- Self-awareness
- Self-management / emotional regulation
- Social awareness & Improved relationship skills
- Responsible decision-making

Resiliency

- Self-confidence
- Flexibility in the face of challenge
- Emotional resilience (recovery from stressful event)
- Trust in self and others



Plugged Into Mindfulness Professional Development

Professional Development Course Details:

Available in-person, zoom or hybrid

Includes:

- A manual and course book
- 10 one-hour sessions with lead trainer
- Training video access for one year
- Planning and email support
- One community outreach session
- Custom options are available

Program Cost

10 session training cost is \$13,500. This includes planning, customization, curriculum, live training sessions, books, manuals, community outreach session, email support. (for up to 35 people)

Specific Learning Outcomes:

By the end of this course, participants will learn:

- The basics of mindfulness & breathwork training
- Techniques for managing active and stressful thoughts
- Techniques for managing challenging emotions
- Practices that cultivate positivity, gratitude and compassion
- The research that supports mindfulness and the common myths around mindfulness
- Support for creating your own daily sitting practice
- How to teach the practices to both peer groups and students, individually and in groups



Additional Offerings

Keynotes

Joni is available for engaging customizable keynotes, addressing burnout, stress, leadership, parenting, and resilience through the lens of mindfulness and the practice of equanimity. Specific content is customizable, and can kickstart programming

- Cost for Keynote Talk: \$600 (30 minutes to 1.5 hours, includes 30 minute drive time, \$100 for every extra 30 minutes of drive time)

Community (or Faculty) Outreach Sessions

In this talk, Joni presents the science of stress and mindfulness, offers a few simple techniques and allows plenty of time for Q&A.

- Cost per Community Outreach Session: \$500 (1 to 2 hours, includes 30 minute drive time, \$100 for every extra 30 minutes of drive time)

Day-Long Retreat

Joni can travel to your location for a day-long retreat. This will include mindfulness practices, activities, breakout sessions, lecture and technique sharing ideas.

- Cost for Day-Long session: \$2,500 (6-8 hours, includes up to 1 hour drive time)
- Follow up sessions via zoom: \$300 (per one hour session)



REFERENCES

**Dickler, J. March 1, 2021. More Teachers Plan to Quit as Stress Overwhelms Educators. [CNBC.com](https://www.cnbc.com)

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Shapiro, S., Rechtschaffen, D. and de Sousa, S., (2016). Mindfulness Training for Teachers. In Schonert-Reichl, K and Roeser, R. (Ed.), Handbook of Mindfulness in Education, Integrating Theory and Research into Practice, (pp.83-97). Springer-Verlag: New York.

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ABOUT

Joni Sturgill is a licensed professional counselor and a nationally-certified counselor, holds a MS in Psychology, BA in Communication, earned the advanced yoga teaching designation of ERYT-500, and also studied at the Institute for Integrative Nutrition. Through her business, Insight with Joni, (Healthy Body Peaceful Soul, LLC), she shares insights on mental, emotional, and physical wellness to corporate populations, cancer patients, caregivers, therapists, educators, students of her training programs, and other various groups and individuals. Joni's Plugged into Mindfulness professional development program has been adapted for school districts, counselors working in addiction, first responders, and the corporate world. She is a member of the Vistage Speaker's Bureau, an Amazon best-selling-author, as well as a proud mother of two sons.

