**HIGH SCHOOL REPORT**

JANUARY 2013

To:

**Overview:**

Approximately 33 teachers and administrators attended the 6 hour workshop over two days. Some staff could only be there for part of the time due to other duties.

**Day 1** focused on rejuvenating teachers. The strategy was for participants to contrast the nature of stress in their personal and professional life with the benefits of functional relaxation through a simple and easily taught technique known as SARM™.

**Day 2** focused on how individuals who have learned the SARM™ techniques create a collective atmosphere that is dynamic, creative, intimate, harmonious and developmental. From here we extrapolated our experience into the classroom setting - in particular how to introduce this in a classroom for students. I shared my experience and guided the group to explore their options and challenges. Interestingly several teachers who had not been in the workshop the day before joined in seamlessly.

The success of the workshop is seen in FIGURES 1, 2 & 3 on next page. I draw your attention to questions 6 through 11 which address the benefits for staff and students. The response to question 10 shows the enthusiasm of the participants to implement the SARM™ techniques into their classes or as an after school activity.

**FIGURE 1 OVERVIEW OF SURVEY**

**FIGURE 2 – SURVEY RESULTS PER QUESTION**

**FIGURE 3 - SURVEY QUESTIONS**

1. I better understand the sources and effects of stress after this workshop
2. I feel better able to manage stress as a result of this workshop
3. I better understand how stress affects me as a teacher
4. I better understand how stress affects learning in the classroom
5. I better understand how to manage stress in the classroom
6. This workshop has given me valuable tools to handle difficult situations
7. What I learned in this workshop can help me reach students at risk
8. What I learned in this workshop can help me reach more diverse students
9. I plan to introduce techniques from this workshop in my daily life
10. I plan to introduce techniques from this workshop in my classes
11. I believe the techniques I learned in this workshop would positively affect the climate in our school
12. I enjoyed the style of event presentation
13. I would recommend this workshop to a friend or Colleague
14. I would attend other workshops by the presenter

**Participation of group:**

The staff and administration are to be complimented for committing their time to explore this important modality. Their participation was whole hearted, authentic and productive.

The group remained focused and enthusiastic through the six hours of discussions and activities. A number of participants requested ongoing support and further workshops. Some written comments I received include:

* I really appreciated the fact that we could be honest and vulnerable with each other and will create a support network beyond this workshop.
* What we learned here will enhance my health program.
* This workshop helped me see how I can apply my own meditation techniques in the classroom.
* I have never felt this relaxed at work.
* Very well paced. The time flew by.
* It gave me a fresh perspective on what our kids are experiencing and how best to deal with that.
* Please consider exposing other teachers to these methods. This could honestly change our whole school environment.
* These skills would benefit our students for a lifetime.
* I hope to be able to contact you if needed.
* I would like to see a workshop that builds on this….
* It helped me understand meditation and how to introduce it into the classroom.
* Please provide more strategies and information on how to hook students into doing these meditation techniques.
* We should have more teacher workshops together.
* This workshop has shown me how the value of “meditation” can contribute to school climate, students and professional lines.
* I am wondering how we can involve everyone.
* This workshop helped me think more deeply.

**Other Services and Workshops**

I believe what has started here has the potential to grow into a more significant impact on school districts throughout the country. The experiences teachers had in this workshop will affect their lives personally and professionally in a beneficial way that will flow onto their peers and students. These benefits are universal in nature. That is when we learn to become conscious of and manage stress our personal well being and efficacy as a teacher is enhanced. In short the school environment is improved.

Consider the following services to create ongoing support for your staff and or students.

* One on One coaching to help teachers master classroom management
* Introducing SARM™ into the classroom – demonstrations for teachers and their classes
* Workshops on classroom management, motivating students, dynamic lesson plan formats, establishing positive behavior practices in the classroom Click here for descriptions of other workshops <http://www.awakenteenleadership.net/workshops-and-professional-developments.html>)
* Co-creating workshops and strategies with administrators to enhance working relationships with staff and students
* Conference calls with teachers and administrators for support, answering questions and one on one coaching
* Guided SARM™ meditation e-book and mp3 (<http://www.awakenteenleadership.net/products.html>)