

MindUP provides trainings to schools serving students age 3-14 (PreK-8<sup>th</sup> grade). Our team uses a personalized, consultant-to-school approach to train educators and families on the MindUP program, the four pillars and evidence-based curriculum, and engaging ways to integrate MindUP lessons into online and in-person settings. The offerings below are for virtual trainings via Zoom or a preferred virtual platform.

## Virtual Training: FULL YEAR MODEL

This full year model includes five different virtual training sessions that can be spread throughout the school year based on the school's needs. A certified MindUP consultant will lead each training and help the school plan for in-person or remote implementation. The model includes the items listed below:

- The Brain & The Brain Break (90 minutes)
- Mindful Awareness (60 minutes)
- Acts of Kindness & Optimism (60 minutes)
- Perspective Taking, Kindness, Gratitude (60 minutes)
- Parent Workshop (60 minutes)
- Five Coaching and Mentoring Sessions (60 minutes each)



### Free Online Memberships (Early 2021)

- **Four** free memberships to our online learning platform
- Access to exclusive content and training

## Virtual Training: INTRODUCTORY MODEL

This introductory model introduces staff members and parents to the MindUP program, focusing on the neuroscience of mindfulness and our signature Brain Break. This model includes the items below:

- The Brain & The Brain Break (90 minutes)
- Parent Workshop (60 minutes)
- Two Coaching and Mentoring Sessions (60 minutes each)

### Free Online Memberships (Early 2021)

- **One** free membership to our online learning platform
- Access to exclusive content and training



## PRICING

The amount for a full year training is **\$3,350**, and the amount for our introductory model is **\$1400**. Curriculum guides and chimes to be purchased by school separately.

## **Virtual Training Sessions**

### **THE BRAIN & THE BRAIN BREAK (90 Minutes)**

This virtual training is for staff members to be formally introduced to the MindUP program, focusing on the brain, the signature Brain Break, and getting focused (Unit 1). By the end of this training, teachers will be prepared to implement the MindUP Brain Break with students in remote and in-person settings.

### **MINDFUL AWARENESS (60 Minutes)**

In this virtual training, staff members will be introduced to mindfulness and explore its meaning through our senses: seeing, touching, smelling, and listening. By the end of this training, teachers will have the tools to implement various mindfulness practices as well as create a mindful corner in class or at home

### **ACTS OF KINDNESS & OPTIMISM (60 Minutes)**

In this virtual training, staff members will get a deeper dive into positive psychology, with a focus on developing an optimistic mindset. By the end of this training, teachers will have learned tips and strategies they can use with students in class or remotely to start rewiring their brain towards optimism.

### **PERSPECTIVE TAKING, KINDNESS, GRATITUDE (60 Minutes)**

In this virtual training, staff members will learn about the rewards our brains receive when we practice kindness not only towards ourselves but also towards others. By the end of this training, teachers will develop strategies for kindness and gratitude that will impact the entire community.

### **PARENT WORKSHOP (60 Minutes)**

This virtual training is for parents, caregivers, and family members to learn tools and techniques to use MindUP in the home environment.

### **COACHING & MENTORING (60 Minutes)**

After each training session, a MindUP consultant will schedule a video conference call with a small group of MindUP champions from the school. During the call, the consultant will provide coaching and mentoring to ensure effective implementation of MindUP at the school.