

Mindful Leadership Program

Space for what matters most.



Program Overview

COSA is partnering with Pause to bring you a 6-week Mindful Leadership Program beginning in October, 2021.

Learn a life-changing set of mindfulness skills for calm, resilience, emotional intelligence, and effective leadership that will help you foster an education environment rooted in presence and compassion. You will walk away from the program feeling inspired and empowered to show up as the best version of yourself and to help your colleagues and students realize their full potential.

This is a non-religious, evidence-based program designed by a mental health professional and derived from the latest neuroscience, positive psychology, and wellness research.

- ✓ LIVE, interactive, educational experiences + expert coaching
- ✓ Opportunities to authentically connect, learn, and grow with fellow education leaders
- ✓ Simple, science-based practices for resilience, emotional intelligence, and healthy high performance
- ✓ Strategies + tools to lead with mindful presence at work and in everyday life
- ✓ Digital toolkit with on-demand recordings, learning materials, and inspiring resources

"Of all the things our organization has focused on this year, this was hands down the best choice they could have made. The program truly was about doing something for yourself."

- Willamette ESD Program Participant, 2020

About Pause

Pause is a trusted leader in the modern mindfulness movement. Through powerful evidence-based programs, we help organizations train mindful leaders at every level by *creating space for what matters most.*

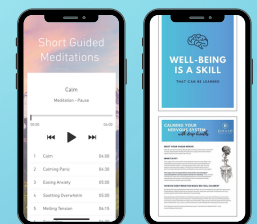
pausemeditation.org | connect@pausemeditation.org | 503-343-4831

Program Design



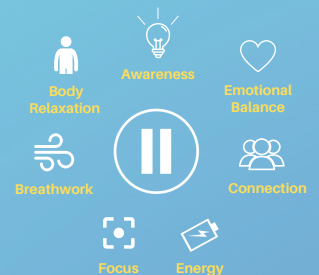
LIVE VIRTUAL TRAINING SESSIONS

Expert guidance and a comprehensive curriculum to help you reduce stress, boost resilience, and lead with presence.



DIGITAL MINDFUL LEADERSHIP TOOLKIT

Powerful tools and interactive resources at your fingertips.



DAILY PAUSE PRACTICES

Simple practices to help you integrate mindfulness into every sphere of your work (and life) experience.