

MINDFULNESS

ONLINE + Direct TRAINING
+ A workshop series + for
FAMILIES + Providers +
Professionals + Businesses

Being mindful can change the way you react and respond to challenging situations. Offered as an interactive learning opportunity to develop practical skills to reduce stress + build resilience. Explore how mindfulness can make a difference for you. Join me to **LEARN HOW!**

SHERI S. DOLLIN, M.ED

EDUCATIONAL CONSULTANT + MINDFULNESS FACILITATOR

Sheri shares over 35 years of experience and skills working in education, parenting, autism and related disorders. The culmination of her work is rich with an understanding of how to engage others to find tools and strategies to make informed decisions. Sheri's approach is to facilitate a process to help embed best practices into daily life. She is certified to offer this training using an evidence-based curriculum. Sheri is the co-author of The FRIEND Program.



OPTIONS

Educational Training: Introduction to Mindfulness

Learn foundations of mindfulness + recommended for professional development, conference, group meetings, guest speaker. The length of time for this presentation ranges from brief to two hours.

Mindfulness ONLINE/DIRECT TRAINING + WORKSHOP

SERIES: Learn how to use mindfulness to make the difference + Topic-based sessions offered in packages of 4, 5, 6, 8, 10 to 12 week sessions:

- Session 1: Mindfulness Basics (required)
- Session 2: Paying Attention
- Session 3: Discovering Inside
- Session 4: Connecting Authentically
- Session 5: Practicing Gratitude
- Session 6: Mind-body Connection
- Session 7: Emotional Intelligence
- Session 8: Noticing Emotional Triggers
- Session 9: Exploring Open-Mindedness
- Session 10: Handling Conflict Skillfully
- Session 11: Nurturing Compassion
- Session 12: Being the Change

Attendance to Mindfulness Basics is required before attending other training topics. For workshops, must be present for every session.

Cost: Let's talk

- Online/Direct 1: 1 Training
- Workshop Series
- On-going coaching
- Educational Training

My sessions with Sheri utilizing remote technology have allowed me to participate in training which would otherwise be out of reach. Although I was previously aware of mindful breathing practices, Sheri's approach helped me recognize how to apply these useful strategies to my everyday life when and where I need them. - Clinician, Licensed Behavior Analyst

During the course of 1:1 online mindfulness training I was faced with a difficult situation where my eight-year-old with autism was assaulted at school. I found myself being calm and able to think clearly during the discussion with the principal as I lived my worst nightmare being played out. In the end, my calmness resonated with my child. Thank you for that gift!

- Mother boys with autism

Please contact me to learn more + fees. I can individualize based on your needs.

sheridollin1@gmail.com + 602.327.3778 + sheridollin.com