



a program of the Massachusetts Interscholastic Athletic Association

# ***Mindfulness and Positivity Workshop***

**April 11, 2018 8:30 am – 1:30 pm**

**MIAA Conference Center, 33 Forge Parkway, Franklin, MA 02038**

**Registration begins at 8:00; workshop begins promptly at 8:30**

## ***Who should attend?***

Educators, advisors, activity group leaders, school administrators, coaches, nurses, wellness coordinators, guidance counselors, athletic directors, school resource officers and **anyone** interested in learning more about effective best practices, and prevention strategies.

## ***Workshop Presenters***

Pam Garramone  
Positive Psychology Speaker~  
Coach

Debbie Lyn Toomey  
Author~Speaker~Coach

***5 Professional Development  
Hours certificates are available  
following the completion of this  
workshop***

***See flip side for registration  
information.***

***Magenta is the color of universal harmony &  
emotional balance (color psychology)***

## **Workshop Description**

### ***Mindfulness***

This workshop will introduce evidenced based practices that reduce stress, boost communication and increase a sense of well-being. Debbie Lyn Toomey speaks, writes and trains on the topics of happiness for peak performance, productivity and inner peace.

### ***Character Strengths- A Pathway to Power and Productivity***

Do you know your character strengths? How can we bring out these strengths in ourselves and our students? Understanding and using our strengths is about focusing on the things that come naturally to us and that we love to do. Science is showing that after just one week of practice, this can make us happier too.

### ***LYAO- Laugh Your A\_ \_ Off With Laughter Yoga!***

Laughter Yoga isn't yoga in the traditional sense: there are no mats required, no balance exercises, and no sun salutations to speak of. Instead there are laughable exercises created not to be funny, but to force laughter for the sake of deep breathing. Come with an open mind and Laugh Your A\_ \_ Off!

**\*\*\* Please Take the VIA Strengths Survey at [www.viacharacter.org](http://www.viacharacter.org) before the workshop (it takes about 15 minutes), and bring the printout of your 24 Character Strengths to the workshop!\*\*\***



a program of the Massachusetts Interscholastic Athletic Association

# ***Mindfulness and Positivity Workshop***

**April 11, 2018 8:30 am – 1:30 pm**

**MIAA Conference Center, 33 Forge Parkway, Franklin, MA 02038**

**Registration begins at 8:00; workshop begins promptly at 8:30**

**\$40 per Participant includes light breakfast,  
lunch, and materials**

**Please register for this workshop online at [www.miaa.net](http://www.miaa.net)  
click on conferences, and April 11**

## **Cancellation Policy:**

***Cancellations received up to 72 hours before a workshop  
begins will be honored. If you do not cancel and do not attend,  
you are responsible for full payment.***

**\*\*\*Please keep a copy of this form for your records\*\*\***

## ***Professional Development Hours***

**5 Professional Development Hours are available  
following the completion of this workshop.**

**Please direct all billing questions to our accounting department.  
508-541-7997**