

LinkED Professional Development for Educators

(formerly *The Learning Center of North Texas*)

Monday, May 6, 2019

Price: \$100.00

Sign-in: 8:30 AM

Program: 9 AM—3:30 PM

Location:

Hill School

4817 Odessa Ave.

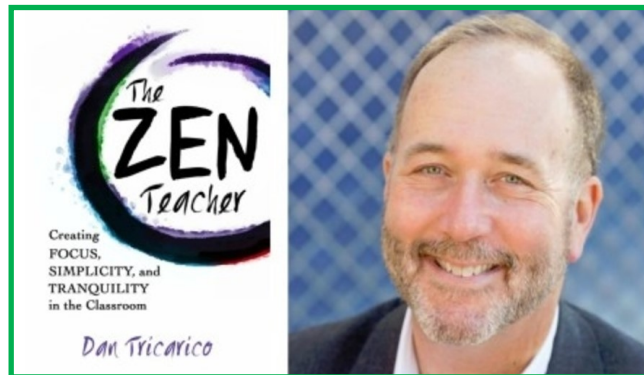
Fort Worth, Texas 76133

Lunch and CPEs provided

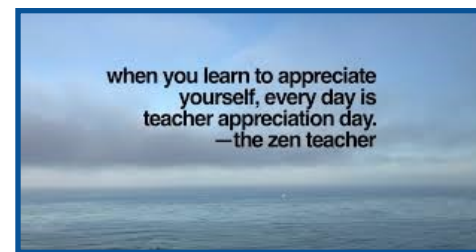
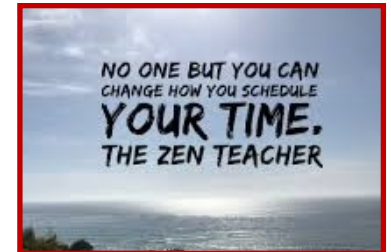
BIO: Dan Tricarico has been a high school English teacher for over twenty years. He is the author of *The Zen Teacher: Creating Focus, Simplicity, and Tranquility in the Classroom* (DBC, Inc. 2015) and

Sanctuaries: Self-Care Secrets for Stressed Out Teachers. In his spare time, he enjoys writing fiction, listening to music, reading mystery novels, staring out of windows, and watching movies. One of Dan's first loves is writing poetry, and he has published many poems both in print and online.

Teacher stress and overwhelm has become an epidemic and is a fundamental contributor to teacher burnout. The Zen Teacher workshop shows educators a 5-step blueprint for using Mindfulness and self-care strategies such as meditation, Beginner's Mind, compassion, gratitude, subtraction, Pamper Triggers, margins, decluttering, and non-judgment to achieve a greater sense of relaxation, peace, and control in the classroom. Participants will learn to act with intention, accept what is, focus on The Now, create more space, reflect on their practice, and embrace stillness and silence in a way that creates more focus, simplicity, and tranquility for both teacher and student. This workshop is based on the presenter's



two books, *The Zen Teacher: Creating Focus, Simplicity, and tranquility in the Classroom* and *Sanctuaries: Self-Care Secrets for Stressed Out Teachers*.



101 Summit Ave., Ste. 612 PH: 817-336-0808
Fort Worth, TX 76102 www.link-ed.org

 **LinkED**
Linking Ability to Learning

