



welcome, *healing*

A Mindful Journey through Feelings & Needs

Veronica Valles, MCS



AN EMBODIED EXPERIENCE

Dear Educator,

You and your staff have navigated a pandemic in ways unimaginable. Yet, Districts across the country continue to move forward without addressing the healing of each one of you. Teachers and Administrators are leaving education because of the overwhelming stress as well as the seeming lack of care and support by the State.

To build a thriving community you can begin with the process of bearing witness to the effects of the pandemic on yourself and your staff.

This simple workshop, "Welcome, Healing," is an embodied experience that offers the essence of understanding one's feelings and needs through Nonviolent Communication, the HeartMath® coherence technique to connect within along with two writing prompts to bear witness to the experiences people have had and continue to have.

This 1 ½ hours workshop is \$333 for 30 people and \$5 a person for additional staff.

Let me know if I can be of service to you and your teachers to facilitate the healing process by bearing witness to all that has been experienced.

Thank you for all the ways you serve your students and staff.

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