

VERONICA VALLES, MCS

PEACE
EDUCATOR



ABOUT

Veronica Valles, MCS is a dynamic Peace Educator & Mindfulness Trainer-Facilitator. She brings Mindfulness-Social-Emotional Intelligence Skill Sets to schools and communities through innovative and original programs. Veronica has served thousands of students since 2014 and spent five years at Victor H. Hexter Elementary as their Volunteer Peace Educator transforming the landscape & culture of the school. She is the **Dallas Independent School District's 2018-2019 - Volunteer of the Year for Classroom Support.**

PROFILE

9540 Garland Rd, Suite 381-171, Dallas, TX 75218
www.sacredlivingdallas.org/mindfulness
sacredlivingdallas@gmail.com
mainstreammindfulness@gmail.com

PROFESSIONAL DEVELOPMENT

Proven Mindfulness Strategies for Teachers, Staff and Administrators (up to 40 people)

CLASSROOM DEMONSTRATION

Follow up modeling of mindfulness practice for each classroom so teachers can observe it in action. Two days.

FOLLOW UP CORE TEAM

A second follow up with a core team of teachers to strengthen implementation. I will observe and provide feedback as they lead the class in mindfulness. Up to seven teachers.

TESTIMONIAL

"Ms. V. provides executive coaching support to me as I endeavor to lead a dynamic, innovative school that meets the needs of every learner, today and tomorrow. Her insights and global view of the school and community are invaluable to me as a leader."
~ Dr. Jennifer K. Jackson

Victor H. Hexter Elementary, Dallas, TX (2015-2019)

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CLASSROOM INSTRUCTION

Two hour minimum, SIX, back to back classes (a block of time in the late morning or early afternoon). Same grade level. Twenty- twenty-five students per class (120-150 students). Once per week. Twenty minutes per class. Encompasses Mindful Breathing, Listening, Emotional Awareness, Identifying Feelings, Gratitude, Kindness, Compassion and basic brain science. Follows the five CASEL competencies for Social and Emotional Learning (www.casel.org).

Teacher must participate and be willing to incorporate practices in the classroom and in community circles. Includes 1 hr PD for teachers and coaching.

FULL DAY RATE

A full day of Mindfulness. Must be a consistent day weekly for at least 10 weeks.

PRINCIPAL EXECUTIVE COACHING

Weekly, 30 minute coaching sessions in mindfulness, The Connection Practice, basic HeartMath and Nonviolent Communication.

TEACHER COACHING

Proven Mindfulness Strategies for Teachers to deepen their practice. A weekly gathering of teachers - 1 hr sessions - per school. Minimum 10 teachers.

PTA PRESENTATION

A workshop for parents on the basics of mindfulness, overview of SEL and simple practices to do with their children.

MINDFULNESS CONSULTING

A meeting to review and create a Campus Strategy to implement SEL and Mindfulness globally.

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CAMPUS TRANSFORMATION

A two week plunge into mindfulness as created at Victor H. Hexter Elementary to support the transformation of the landscape and culture of the school.

Will work with Campus Leadership to create and implement a mindfulness plan, daily classroom implementation, teacher training and Mindfulness Room (does not include supplies for room) with follow up support throughout the year. Will support the creation and coaching of an SEL-Teacher Committee.

Includes 2 Professional Developments, 2 Executive Coaching Sessions and a PTA Presentation as well as follow up support.

Day runs from 7:30am to 5:00pm and one Evening presentation.