

There are three paid key players necessary to successfully implement mindfulness in a school community. The mindfulness trainer provides a six-session mindfulness course for up to 30 staff in each school. The school mindfulness champion works with their school staff in determining the best plan to implement mindfulness with other staff and students. The implementation coach provides the guidance and support essential for the school mindfulness champion and staff in the development of sustainable school plans.

Fall 2018/Spring 2019 – school mindfulness champion

Fall 2018 – mindfulness trainer

Spring 2019 – implementation coach

\$7429.84

Spring 2019/Fall 2019 – school mindfulness champion

Spring 2019 – mindfulness trainer

Fall 2019 – implementation coach

\$9332.60

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