

# JOSÉE CORMIER

*How about we prepare our students for a  
life of mindfulness*

Known as the queen of self-awareness and reflection, Josée has a gift and a passion for helping you cultivate a mindful life. Her personal journey will inspire you to reflect on your life and perspectives. Her energy will capture your attention and help you recognize your potential.

*Mindful well-being for myself, for my students, and for my work* is an experience of collaboration, energy, and introspection. Using concrete examples of practical strategies and table activities, she will leave you inspired and mindful! This conference guarantees a positive impact in your personal life, in your classroom, and in your workplace.

To create a mindful work environment, we need to fill it with people who practice mindful living.



*Book Josée Today!*



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## Speakers sheet

A collaborative conference lasting 60 to 90 minutes aimed at inspiring and educating your staff on building a mindful life, enabling them to take action and experience positive changes in their personal lives and classrooms. Each topic offers great value. Here are some points that will be covered during the conference.

### Key points about mindful well-being

A person who practices mindfulness actively notices their options, opportunities, emotions, and behaviors without judgment. They live in a world of possibilities with the goal of better understanding themselves. This approach enhances understanding, authenticity, and positivity, while reducing complaints, guilt, and stress.

### How to manage stress and prioritize your happiness?

A person who practices mindfulness actively notices their inner and outer resources. Patience, compassion, positivity, abundance, motivation, and confidence are examples of inner resources. Energy, time, and money are outer resources. Learning to manage our resources and use them to our advantage is key.

### How can we practice mindfulness in the classroom, and what are the benefits?

A person who practices mindfulness is present. They live in the moment. In school, they reflect on their intentions as a teacher and get to know their students. They give their students the opportunity to participate in their learning, taking into account their ideas, interests, and needs.

### A sense of community and collaboration in the school

Authenticity and vulnerability are fundamental to practicing mindfulness at work. Asking for help and recognizing one's strengths create a collaborative atmosphere. No one understands the reality of a teacher like another teacher.

“ Great way to spend a lunch hour! ”



“ Such a great source of positivity ”

“ Positive environment leading to better relationships with yourself and others ”

“ Motivation. Easy information to put into action. ”

“ Loved it!! ”

Great presentation and message! Uplifting and so many takeaways to begin a new year!  
Thanks for sharing :)

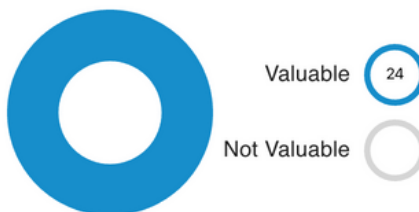


“ Awesome session!! Really great information! You have an amazing personality!! 😊 ”

“ Very relatable and full of life! ”



100% found this session valuable



Attendees found this session

