

THE UNITY DIFFERENCE

Passionately Devoted, On-Demand Resources For Schools

Unity provides turn key mindfulness and stress management programs and curriculum modules for schools. These on-demand resources help you curate a more mindful school environment and target specific objectives to enhance social-emotional learning or reduce stress vulnerabilities in students and staff. This is a great option for school districts who are short of certified staff and teachers. We customize our engagement to meet your specific objectives and can either work side by side with school staff to assist with implementation or handle it completely.

Effortless Planning And Execution

Unity comes equipped with a full-service, in-house marketing team to help you effortlessly coordinate and promote all programs using online registration pages, social media, email and QR coded fliers. Unity is an end to end resource option for your school.

BRING UNITY AND WELLNESS TO YOUR SCHOOL

About Unity Wellness Group LLC®

Unity Wellness Group was founded in 2008 to bring the health-transforming benefits of mind-body practices to companies and schools resulting in less stress, optimized health and more! Additionally, our fitness and nutrition wellness programs help prevent and manage some of the most common and costly health issues thus lowering insurance costs while increasing productivity, job satisfaction and morale.

Our Team

Our master and PhD level health educators are information experts in their field passionately dedicated to influencing healthy behavioral change. Our Mindfulness instructors have either completed their PhD in Psychology, Jon Kabat-Zinn's world-renowned intensive MBSR courses through University Massachusetts Center for Mindfulness or teacher certification through [MindfulSchools.org](https://www.mindfulschools.org).

**Contact And Unite With Us At 708-469-7259
Or info@unitywellnessgroup.com.**

Unite With Us Online

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Wellness programs for the enlightened school.

Cultivating Well-Being In Students & Educators Through Mindfulness Training



"Mindfulness: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations."

"Peace: It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart."

– Unknown



WHY MINDFULNESS MATTERS IN EDUCATION

More Peace And Less Stress In Your Classroom, Your School And Your Life

Mindfulness goes beyond avoiding teacher burn out, reducing student stress and producing a calm, productive classroom. Mindfulness applications are changing people's quality of life in areas such as improved cognitive function, social and emotional skill enhancements and an overall sense of calm and well-being. Countless studies of scientific research have proven that mindfulness training can help thicken the cortical regions related to attention and sensory processing. Mindfulness is now considered an effective and common psychotherapy treatment for adults, adolescents and children, and proven to be extremely effective for individuals with aggression, ADHD, anxiety and stress.



CULTIVATING WELL-BEING IN EDUCATORS

Benefits Of Mindfulness For Teachers And Administrators

- Less reactivity and enhanced student engagement
- Overall reduction in stress and anxiety levels
- Reverses and eliminates teacher burn out
- Cultivates greater student compassion, empathy and connection
- Helps create a positive learning environment

Sample Of The Many Programs Offered:

- Introduction to Mindfulness in Education: A Path to Self-Care & Stress Reduction
- Improving School Culture: The Power of Mindful Communication
- Mindfulness and Bullying Reduction
- Building Mindfulness into K-12 Curricula, Including STEM
- Mindfulness: A Critical Resource for the 21st Century Classroom
- Playing Attention: How to Teach Students Fun Approaches to Mindfulness

Professional development days and credits can be provided on site with advance planning.

For a complete list of programs, seminars and workshops visit us online at [Unitywellnessgroup.com](https://unitywellnessgroup.com) and follow the links to Mindfulness In Education.

CULTIVATING WELL-BEING IN STUDENTS

Benefits Of Mindfulness For Students

- Enhanced attention and focus; improved grades and test scores
- Enhanced social skills and empathy with other students
- Decrease in behavioral issues and reactivity
- Enhanced well-being and decrease in anxiety, stress and post-traumatic stress disorder

Sample Of The Many Programs Offered:

- Mindful Test-Taking Skills: Decreasing Anxiety and Improving Performance
- Stress Reduction Mindfulness Boot Camp
- Stress Reduction Mindfulness Leadership Academy for AP Students
- Attention Over Detention: Mindfulness Skills to Create Positive Behaviors
- Stress Less with Mindfulness Freshman Boot Camp
- Mindfulness for Athletes: Techniques to Enhance Performance

For a complete list of programs, seminars and workshops visit us online at [Unitywellnessgroup.com](https://unitywellnessgroup.com) and follow the links to Mindfulness In Education.

“It is indeed a radical act of love to just sit down and be quiet for a time by yourself.”

— Jon Kabat-Zinn

