



# ISACS

Independent Schools Association of the Central States

**2017 Academy for Division Heads**  
**Thursday, February 2 – Friday, February 3, 2017**  
Hotel Palomar  
505 North State Street, Chicago, IL  
Gallery Meeting Room, 5<sup>th</sup> floor

**Pre-Conference Informal Conversations**  
**Wednesday, February 1, 6:30 pm – 7:30 pm**  
**Contemporary Meeting Room, 6<sup>th</sup> floor**

If you arrive on Wednesday evening, please join us for engaging conversation among division heads. This is a great opportunity to connect new and experienced division heads to ask questions, share resources, and discuss challenges and successes while make connections with others in the same role. Members of the Administrative Service Committee will facilitate the discussion. There is no charge for participation. Participants may choose to continue the conversations over dinner at the restaurants of their choice.

**Agenda**  
**Day One – Thursday, February 2, 2017**  
***A Day with Dave Mochel***

**Mindfulness: Focus First on the Adults**

How do we solve problems and build community in the face of resistance, discomfort, and uncertainty? Division Heads will explore the elements of awareness-based leadership and design thinking and their applications to adult communities in schools. Applying research from modern neuroscience and organizational development, we will discuss personal practices as well as practices and language that can be integrated across organizations.

No matter how carefully we plan, there are always uncontrollable variables in life. Extraordinary organizations are those that respond without losing focus on what matters most. The culture of an organization is not what is written on the mission statement — it is what people practice daily.

Imagine if every member of your faculty and staff:

- Consistently refocused on what is most important
- Took responsibility what is under their control
- Communicated quickly and effectively about challenging issues
- Could turn any problem into an opportunity

8:30 am	Registration Opens
8:30 – 9:00 am	Pre-conference visiting, Continental Breakfast
9:00 – 9:15 am	Academy Begins: Welcome, Overview of the Academy
9:30 – 11:30 am	Introduction to Awareness Practice

11:30 am – 12:30 pm	Lunch: Conversations by Division
12:30 – 2:15 pm	Refocusing on Purpose
2:15 – 2:30 pm	Break
2:30 – 4:00 pm	Communicating Consciously
4:00 – 5:45 pm	Time to rest/recharge or mingle with colleagues at the hotel’s complimentary wine hour on the first floor
5:45 pm	<p><b>Evening Activity:</b> Participants gather in the Hotel Palomar lobby at 5:45 pm for transportation to the architecturally spectacular Game Room at the Chicago Athletic Association. The evening will include games, drinks and heavy appetizers. Transportation back to the Hotel Palomar will be provided at 8:00 pm.</p> <p>Although participation is included in registration fee, pre-registration for the evening activity is required.</p>

**Day Two – Friday, February 3, 2017**

**A Day with Patricia (Tish) Jennings**

**Mindful Teaching: Transforming Practices to Focus on the Students**

At its core, teaching is an emotional practice. The social and emotional dynamics of the classroom play a key role in promoting student learning and fostering prosocial behavior. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, participants will gain valuable information about how mindfulness- and compassion-based approaches can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning. Participants will learn simple mindful awareness and compassion practices for managing stress and promoting wellbeing in the classroom.

**Learning Outcomes**

The participants will hear:

- How stress affects the brain and learning
- How to define mindfulness
- How to describe compassion
- The effects of mindfulness and compassion practices on brain functioning and emotion regulation
- Several simple mindfulness- and compassion-based practices
- How these practices help teachers manage stress
- How these practices help teachers provide social and emotional support to their students
- How to introduce these practices to students to help them calm their bodies and focus their minds
- How to integrate these practices into the curriculum
- The results of mindfulness research conducted with both teachers and students
- How we can apply mindful awareness and compassion practices to transform our educational practices

7:30 – 8:00 am	Continental Breakfast and Conversation
8:00 – 9:30 am	Stress, Learning, and the Brain
9:30 – 9:45 am	Break
9:45 – 11:30 am	What is Mindfulness? Introduction to Practices
11:30 am – 12:30 pm	Lunch: Conversations by Division
12:30 – 2:30 pm	Mindfulness Research, Applying Mindfulness in Educational Settings
2:30 – 2:45 pm	Summations and Close of the Academy