



COALITION OF
— SCHOOLS —
EDUCATING
mindfully
A CALL FOR PARTNERS

While preparing the following pages, I came across a quote by Margaret J. Wheatley that speaks so perfectly to the power of our mission and its ability transform the world:

"In spite of current ads and slogans, the world doesn't change one person at a time. It changes as networks of relationships form among people who discover they share a common cause and vision of what's possible. This is good news for those of us intent on changing the world and creating a positive future. Rather than worry about critical mass, our work is to foster critical connections. We don't need to convince large numbers of people to change; instead, we need to connect with kindred spirits. Through these relationships, we will develop the new knowledge, practices, courage, and commitment that lead to broad-based change."

As you read on, we hope you sense the excitement surrounding our vision and its potential to change the world by supporting and connecting those around the globe educating mindfully.

Tracy Heilers
Founder and Executive Director

COSEM OVERVIEW

Stress and trauma impact our brain functions, making it harder to regulate emotions, focus, and learn. The emergence of mindfulness in education is giving children and educators the tools to manage stress and overcome adverse childhood experiences, and create more equitable schools with cultures of compassion and inclusion.

We have built a collaborative coalition that is here to help!
We are transforming school communities in the following ways:



- An online professional membership community to connect, prioritize self-care, and learn with mindful educators worldwide;
- In-person free chapter meetings around the globe, with educators learning together, mentoring and supporting one another;
- *Educating Mindfully* book collaboration with 20+ organizations and 40+ educators, creating a field guide for mindfulness in schools;
- A free Equity-Based Conversation Series with special guests;
- An annual Educating Mindfully Conference highlighting resources and leading edge mindfulness applications in schools;
- A resource webpage containing educator-recommended mindfulness-based curriculums, programs, books, trainings, etc;
- An e-newsletter sharing all things related to the field of mindfulness in education; and
- An Administrator Academy to help school leaders and wellness teams create a mindfulness implementation plan for their unique learning environment.

OUR MISSION STATEMENT

Coalition of Schools Educating Mindfully (COSEM) is an educator-led 501c3 nonprofit established in 2018 that supports school communities by connecting them with mentors, trainings, and resources for mindfulness-based social, emotional, and cognitive learning.

We are a grassroots movement with educators empowering other educators to explore, personally practice, and then integrate mindfulness into their classrooms.

By joining forces and assisting each other as we implement holistic approaches to education, we equip educators and youth with skills to heal and thrive, and create a more compassionate, equitable world.

Learn more at EducatingMindfully.org

THE HEART OF OUR MISSION



State and Local Chapters

- Chapters are free communities of practice and learning for educators in different areas of each US state as well as other countries. Passionate educators volunteer, facilitating regular drop-in support meetings for their area, in-person and virtually. Goals include:
- Prioritize self-care and develop our personal mindfulness practices together.
- Mentor each other as we bring mindfulness to staff and students in our schools.
- “Move slow to move fast” together. Full school integration is often a long process. No one needs to go it alone.
- Network, collaborate and share information. Do trainings together to receive group discounts. Apply for grants together with multi-district initiatives.
- Learn about programs, curriculums, and local resources for schools with guest presenters.
- Host workshops, retreats, and larger events and conferences for educators in their area.

Professional Membership

- Annual dues are \$79.99 for individuals, \$499.99 for groups up to 50, and \$999.99 for educational organizations. Benefits include:
- Mentorship Meetings where experienced members share about their expertise as well as implementation plans for bringing mindfulness to their classrooms, schools, and beyond.
- Equity-Based Conversation Series with special guests covering topics such as culturally-responsive teaching and anti-racism.
- Professional Development Sessions led by experts on mindfulness-based SEL topics.
- Self-Care Sessions where experienced members lead meditation, guided relaxation, yoga, Qigong, Jin Shin Jyutsu, and other mindfulness-based practices.
- Our Member Site, an online community using the Mighty Networks platform, to learn about mindfulness-based resources and join support groups or specialty groups such as one that connects classrooms around the globe wishing to practice together.
- Access to recordings of all offerings through our trackable Learning Center on our Member Site; those who watch 24 or more hours of content have the ability to earn 24 PDs or CEs for a small processing fee.

FOCUS & GROWTH OF COSEM

2018-2019

- Formed our 501c3 nonprofit with an all-educator 'working' Board with 16 directors.
- Built our website which includes a resource webpage with an extensive listing of training options, curriculums, programs, and books. Our website is a one stop shop for researching mindfulness resources; 11K total unique visitors at the end of the year.
- Organized Educating Mindfully Conference (EMCON), February 28-March 2 in St Charles, IL with 40+ sessions and workshop choices focused on educator self-care, SEL professional development, and mindfulness-based mentorship, trainings and resources.
- Started in-person chapters in 23 states, with educators learning together, mentoring and supporting one another.
- Created our Mindful Learning Center to make available our EMCON session recordings for those not able to attend conference or those wanting to watch additional sessions.
- Launched "Commit to 1%" campaign to promote schools prioritizing well-being.
- Wrote a monthly e-newsletter to 5K subscribers sharing ideas, chapter activities, upcoming professional development offerings from across the country, and more.
- Grew social media presence: LinkedIn-13K, Twitter-2K, Facebook group-500
- Financial aid scholarships-\$14K; total income-\$74K; total expenses-\$67K

2019-2020

- Coordinated, edited and then independently published *Educating Mindfully: Stories of School Transformation Through Mindfulness* in February; this collaboration included 20+ organizations and 40+ educators, creating a comprehensive resource/field guide.
- Created an Equity-Based Conversation Series led by our president Tovi Scruggs-Hussein.
- Organized EMCON, February 27-March 1 Itasca, IL, with 50+ sessions and workshop choices over 4 days with 220 attendees from 21 US states and multiple countries.
- Hosted the free online Educating Mindfully Summit, April 23-26, as a book launch; it included giveaways and 10 PD sessions per day led by educators and organizations.
- Partnered with DuPage Regional Office of Education and IAASE to create an ISBE-approved Administrator Academy that assists school leaders and wellness teams with schoolwide and districtwide mindfulness implementation plans.
- Provided discounts on many trainings to our Mindful Learning Center members by forming relationships with other well-respected mindfulness organizations.
- Continued growing our chapters to 26 US and 2 international chapters
- Wrote a monthly e-newsletter to 7K subscribers; total website unique visitors-27K
- Grew our social media presence: LinkedIn-15K, Twitter-4K, Facebook-1K
- Financial aid scholarships-\$15K; total income-\$72K; total expenses-\$66K

2020-2021 Vision

- Launch our professional membership in September to more fully support and connect educators, with both individual and school/organization memberships available.
- Add a Regional Director of COSEM Chapters, Lindsey Frank, to support and mentor state chapter coordinators and local meeting facilitators
- Continue our free monthly Equity-Based Conversation Series
- Continue our online Administrator Academy with three offerings: Nov 5, Jan 20, Apr 20
- Continue promoting our book and getting it into libraries
- Continue our monthly e-newsletter and social media presence
- Create an Educating Mindfully Journal to showcase quantitative and qualitative research

CREATING OUR FUTURE, TOGETHER



COSEM's Charitable Programs

- Financial Aid Scholarships: COSEM strives to give partial and full scholarships to those in need, in a total amount equivalent to 10% of the event or membership revenue.
- In-Kind Donations: COSEM strives to gift a minimum of 10% of its created resources (books, programs, etc.) to educators and schools in need.
- Grants: COSEM strives to give a minimum of 3% of its annual revenue back to school educators in need as resource grants that support for their mindfulness-based professional development or their school community's mindfulness-based well-being programs.
- Time and Service: Our state chapter coordinators, local meeting facilitators, and regional director all donate their time. We also coordinate having expert presenters for our membership and events, encouraging them to also donate their time and services.

Partnership Opportunities

- Support our operational expenses so that we can expand our team and increase our outreach efforts, chapters, and charitable programs.
- Sponsor our professional membership so we can lower our annual membership dues and provide more benefits to our members such as specialized trainings and workshops.
- Sponsor our Educating Mindfully Journal so that we can share research and experiences relating to the field of mindfulness in education, thus helping shape educational systems.
- Sponsor our conference so we can continue to host it at a hotel annually.
- Promote COSEM, our professional membership, and our conference within your network.
- Provide discounts to our members for mindfulness-based products and services.
- Provide full scholarships to your trainings for our members in need.
- Volunteer to lead a PD or Self-Care Session, or Mentorship Meeting for our members.
- Donate products and services for a COSEM giveaway or event.
- Provide free use of your facilities for chapter meetings, workshops or other events.



WE APPRECIATE YOUR TIME AND CONSIDERATION!

We hope you are inspired into action and can help us in one or more of the key areas listed on the previous page. We need critical connections like you to increase the reach and momentum of our educator-led grassroots movement.

Unique recognition packages can be created for our partners with items such as:

- Name/logo/link included in key locations such as on our website homepage, newsletters, registration materials, conference program, Member Site, etc;
- Flyer on our Partner webpage and listing near the top of our Resource webpage;
- Promotional graphics added to our e-newsletters or Journal;
- Social media posts on our Facebook group page, LinkedIn, and Twitter; and
- Complimentary professional memberships or tickets to our conference.

Learn more about us at EducatingMindfully.org and contact Tracy Heilers at hello@educatingmindfully.org to discuss partnership opportunities in detail.