



Mindfulness in Leadership

PD MARCH 2019

Date : March 22 - 23, 2019

Location : Peace Cabin, ASB Green Valley



Dr. Brian K. Perkins is the Director of the Urban Education Leaders Collaborative and Summer Principals Academy | New Orleans at Teachers College, Columbia University. He is the former Chair and Professor of Education Law and Policy at Southern Connecticut State University in New Haven, Connecticut. As Chair, Dr. Perkins successfully led his department through the licensure of the University's first doctoral program and full NCATE accreditation. Most importantly, he is known among his graduate students to be a kind and caring teacher who fosters positive relationships in the school community.

Course Objectives

Through this program, participant will :

- Re-establish and deepen core principles and practices of Self Awareness Training (SAT)
- Learn best practices for leading and facilitating SAT
- Connect with friends and colleagues from international schools across Asia and the Middle East, explore points of intersection, and initiate new careers or ventures
- Establish greater emotional fitness & self-regulation
- Deepen connection with their inner wisdom, intuition, and feelings
- Enhance personal leadership skills and increase their capacity to focus



**A Certificate from UELC--Teachers College
Columbia University will be awarded to all trainees.**

Mindfulness Academy of Asia (MAA):

MAA specializes in the teaching and learning of mindfulness in education. MAA's mission is to train passionate educators who start as beginners in the mindfulness practice so they can effectively teach mindfulness in the classroom. The Academy is a training hub in Asia for international educators, parents, and students who seek an understanding of mindfulness for self-regulation, resilience, maximizing abilities, and living a content life. Facilities at MAA allow mindfulness practitioners to develop their mindful skills in a natural setting with options for overnight stays.

Cost : 19,500 Baht per person
Early Bird (before Jan. 31) : 15,000 Baht per person
Before Feb. 15 : 16,500 Baht

Account details : The American School of Bangkok
Siam Commercial Bank
Account Number : 380-280084-0
SWIFT Code : SICOTHBK

BTS Pick up 7:45 a.m. and Drop off after PD commencement at Udomsuk station
Please send pay-in slip to confirm Transfer : Email ppetlim@asb.ac.th / psriin@asb.ac.th