



MINDFUL KIDS MIAMI

STRONG HEARTS STRONG MINDS

2018 Ambassador of Mindfulness Dinner

January 24th, 2017

2018 Sponsorship Packet

1. Event Details
2. About Mindful Kids Miami
3. Benefits of Mindfulness
4. Sponsorship Levels
5. Board of Directors



Mindful Kids Miami 5275 Sunset Drive, Second Floor Room #19, Miami Florida 33143 305-270-3262 www.mindfulkidsmiami.org

Mindful Kids Miami, Inc. (MKM) is a 501(c)(3) non-profit organization founded in 2011, whose mission is to bring the benefits of mindfulness to children from Pre-K through the 12th grade in Miami-Dade County. MKM helps educators, health providers, and caregivers teach mindfulness skills to children and youth in schools and other settings.



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2018 Ambassador of Mindfulness Dinner

To benefit school children and teachers in our community

Honoring



Scott Rogers

Nationally recognized leader in the area of mindfulness in law, Scott is also a mindfulness teacher, author, and trainer. He is founder and director of the University of Miami School of Law's Mindfulness in Law Program, co-founder of the University of Miami's Mindfulness Research and Practice Initiative, and principal advisor to Innergy Meditation.

Wednesday, January 24th, 2018

The Rusty Pelican
3201 Rickenbacker Causeway
Key Biscayne, FL 33149
6:00pm - 8:30pm



Award Dinner proceeds will help underwrite the cost of offering the Mindfulness Programs to M-DCPS educators for the coming school year.

Dinner is open to the public, and tickets are available at \$100 per person (until 11/25/2017, \$125 thereafter).



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Our Vision is to improve the lives of all children in the community by giving them access to mindfulness skills which reduce stress and anxiety, develop attention and focus, promote emotional regulation and impulse control, teach empathy and compassion, and create a sense of well-being.

Mindful Kids Miami (MKM) carries out its mission through its educator training program that includes the two signature core programs, the 8-week **Mindfulness-Based Stress Reduction (MBSR)**, and the 12-week **Mindful Teachers Training Program (MTTP)**.

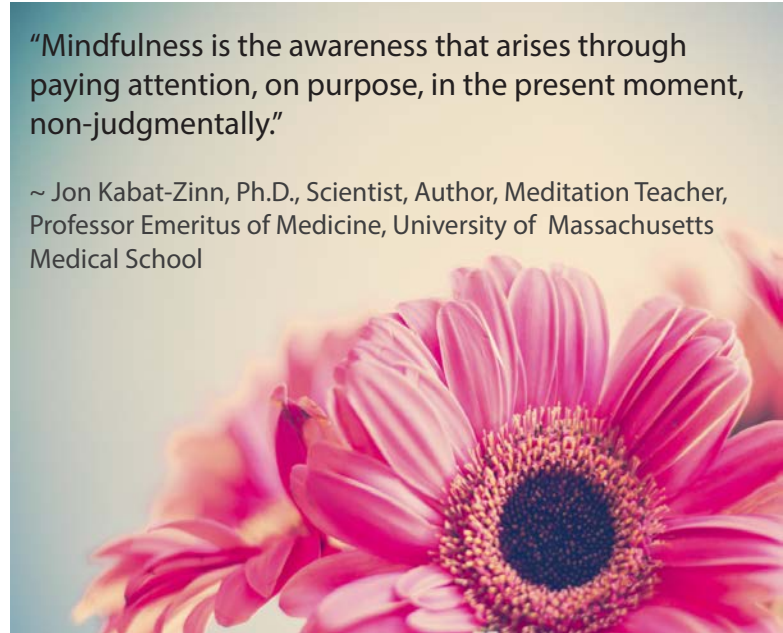
Since 2011, MKM has provided its two core mindfulness trainings to more than 600 educators at over 120 schools, and reached greater than 2,800 participants through mindfulness workshops and trainings for educators, students, parents, and childcare providers throughout Miami-Dade County.

In 2015, **MKM** implemented a groundbreaking mindfulness training collaboration with Miami-Dade County Public Schools (M-DCPS). Program testimonials and anecdotal reports from **MKM's** mindfully trained teachers confirm that the introduction of mindfulness concepts in the classroom has led to increased focus among students, an improved learning environment, and fewer behavioral problems including a decrease in bullying.

Clinical studies demonstrate the efficacy and value of mindfulness in decreasing physical and psychological symptoms. **Mindfulness-Based Stress Reduction (MBSR)** and other Mindfulness-Based intervention have been shown to help reduce stress, improve focus and concentration, decrease anxiety, prevent relapse of depression and substance abuse, improve relationships, strengthen emotional resilience, develop relaxation and a sense of well-being.

"Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."

~ Jon Kabat-Zinn, Ph.D., Scientist, Author, Meditation Teacher, Professor Emeritus of Medicine, University of Massachusetts Medical School



Mindfulness Kids Miami Programs

Mindfulness-Based Stress Reduction (MBSR) Program

Mindful Teachers' Training Program (MTTP)

Mindful Self-Compassion (MSC) Program

Mindfulness Kids Series

FREE Mindfulness Monthly Community Classes

Mindfulness Workshops

Mindfulness Training for Child Healthcare Providers

Private Sessions

Family Day

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What is Mindfulness?

Mindfulness is a basic human quality. Training in mindfulness and the intentional cultivation of moment-by-moment, non-judgmental focused attention and awareness has spread from its initial western applications in medicine to other fields, including education. The practice of mindfulness supports and strengthens the capacity of the mind to be fully in the present moment instead of controlled by habits of worrying about the future or being stuck in the past.

Research shows

that children are experiencing more mental health problems today, with approximately one-half of all adolescents meeting lifetime criteria for at least one diagnosed mental disorder.


Educators throughout Florida face an enormous amount of stress these days, due to myriad factors that include high administrative burden, a large number of non-English speaking students, computerized/standardized testing demands, a high number of students with special needs, an increasingly aggressive student body, and budgetary constraints. These stressors not only adversely affect the teacher, but the students and the classroom setting as well.

Research demonstrates that mindfulness training for children and teens:

-  **Increase Impulse control**
Increasing teaching time in the classroom
-  **Develops Emotional Regulation**
Teaching children to “respond” rather than “react”
-  **Increase Attention & Focus**
Resulting in higher academic achievement
-  **Reduce Stress & Anxiety**
Allowing kids to learn more and perform better
-  **Builds Empathy & Compassion**
Cultivating greater understanding of cultural, religious and sexual diversity as well as reducing cruelty, bullying, violence and, hence safer and happier schools



Preliminary research confirms significant improvements in the educator's:

-  **Self-Compassion**
-  **Reduction in Anxiety**
-  **Social Interactions**
-  **Reduction in Fatigue**
-  **Mindfulness facets (observing, describing, acting with awareness, non-judging and non-reactivity)**

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AMBASSADOR OF MINDFULNESS AWARDS DINNER

To Benefit School Children and Teachers In Our Community

Sponsorship Opportunities	Compassionate Friend	Kind Supporter	Mindful Host	Gratitude Guide	Heartfelt Contributor	Awareness Partner
Contributions Levels	\$300	\$500	\$1,000	\$2,000	\$3,000	\$5,000
Tickets	2 Tickets	4 Tickets				
Table of Eight						
Name Listed in Program Book						
A signed copy of Scott Roger's recently released book "The Elements of Mindfulness"						
Name/Logo listed on MKM Website with Link to Your Website						
Shout out on Social Media with Co. Link						
Recognition in Pre-Event Marketing Materials						
Half-Page AD in Program Book						
Full-Page Ad in Program Book						
Logo/Name on Event Signage						
Inclusion in Ambassador Circle *						
Table Prominently Located						
Name a MKM Mindfulness Workshop with Registration for 10						
A Private Mindfulness Training for 25						
Tax-deductible Less:	70	140	280	\$280*	\$280**	\$280**

* Ambassador Circle Provides Admission to a MKM Workshop and one 8-week Program @ a cost of \$500 to be reduced from tax-deduction benefit

** Mindfulness training reduction from tax-deduction benefit will depend on time and number of people participating

UNDERWRITING OPPORTUNITIES

Individuals who wish to support the Ambassador of Mindfulness Award Dinner, but do not require tickets may choose to underwrite expenses for the event.

Venue & Catering	\$10,000
Video, AV, Photography	\$3,000
Printing & Signage	\$2,500
Advertising	\$2,000
Décor, Auction & Incidentals	\$1,000

PROGRAM BOOK ADVERTISING

Full Page Ad	\$750	(4.5"W x 7.5"H)
Half-Page Ad	\$300	(4.5"W x 3.5"H)

Early Bird Special Ticket \$100 per person

After Thanksgiving, \$125 per person

For more information on sponsorships contact sacha@mindfulkidsmiami.org

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BOARD OF DIRECTORS

Officers

President: Michael C. Cesarano, Michael C. Cesarano, P.A.

Treasurer: Olivier de Lavalette, Advocate

Secretary: Linda McKenzie, Advocate

Directors

Judith D. Aronson-Ramos, M.D., Developmental & Behavioral Pediatrics of South Florida and Center for Autism and Related Disabilities

Jill Beloff Farrell, Ed.D., Dean Barry University, Adrian Dominican School of Education

John Davies, Ed.D., Headmaster, Miami Country Day School

Valerie DeWitt, Teacher

Tess Doheny, Advocate

David J. Lee, Ph.D., Professor/Researcher, Department of Public Health Sciences, University of Miami, Miller School of Medicine

Renee Lopez-Cantera, MBA, Miami Herald Media Company

Ashwin Mehta, M.D., M.P.H., Medical Director for the Memorial Division of Integrative Medicine at Memorial Healthcare System.

Ian M. Reiss, M.D., retired vascular surgeon, Baptist Health System

Silvia R. Rojas, retired Treasurer, Miami-Dade County Public Schools

Shelley F. Stroleny, M.A., Principal, G.W. Carver Middle School

HONORARY BOARD

National Members

U.S. Congressman Tim Ryan of Ohio, Advocate and Author, *A Mindful Nation*

George T. Mumford, Sports Psychology Consultant and Author, *The Mindful Athlete: Secrets to Pure Performance*

Local Members

Alberto M. Carvalho, Superintendent, Miami-Dade County Public Schools

Constance M. Fernandez, Advocate

David Lawrence Jr., President, The Early Childhood Initiative, Chair The Children's Movement of Florida

Hon. Steve Leifman, Miami-Dade County Criminal Division Court Judge, Special Advisor and Chair of Subcommittee & Task Force on Criminal Justice and Mental Health for Florida Supreme Court

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