

## **Arizona Music Educators' Association Annual Conference**

### **January 31-February 1, 2020 | Mesa, Arizona**

**Title:** Mindfulness for Music Educators: Prevent Teacher Burnout and Create a Mindful Classroom

**Proposal:** Mindfulness is a valuable tool for educators. Developing a simple daily habit starting with 2-3 minutes a day can help to prevent teacher burnout, recuperate from compassion fatigue from high-trauma populations, and approach teaching from a generally more positive perspective. This workshop will lead teachers through a guided mindfulness session, discuss ways to incorporate mindfulness into daily routines, and then how to expand that practice into the music classroom as a tool for students to improve emotional regulation. I will share numerous resources for teachers to begin or continue their learning throughout the year.

**Bio:** Amy Swietlik has taught general music and band at a Title 1 elementary school in the Osborn School District in Phoenix, Arizona for 5 years. She is a TAP Mentor teacher on her campus and part of her school administrative leadership team. She regularly leads professional development at her school and has had the opportunity to present at various conferences, including the Society for Ethnomusicology, AMEA, and the ADE Title IV-A Symposium. Amy was chosen for the Osborn School District "You Make A Difference Award" in May 2019 and was a finalist for the 2019 Mayor's Arts Awards.