



Bringing Our Souls to the Classroom

Rob D'Alessio

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This book is about Affirmation based pedagogy. Affirmation/Mindfulness based pedagogy for learner-centered teaching can make a difference. Mindful communication is the key to building insight and professionalism when modeling behaviour to students and colleagues. This book offers appropriate self-awareness and communication skills development and understanding of thinking patterns to develop goal-orientation and insight-orientation strategies to enhance understanding of what it means to be successful by analyzing both psychological and sociological theories on approaches to the significance/influence of mental health on overall well-being. Students will develop strategies to consider constructive options that effectively solve problems in daily life. This book offers appropriate self-awareness and communication skills development. It serves to enhance understanding of what it means to be successful by analyzing both psychological and sociological theories on approaches to the significance/influence of mental health on overall well-being. By programming ourselves to be more positive in and out of the class so to our students will develop emotional and cognitive awareness and understanding; bodily awareness and coordination and interpersonal awareness.

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