

There are three paid key players necessary to successfully implement mindfulness in a school community. The mindfulness trainer provides a six-session mindfulness course for up to 30 staff in each school. The school mindfulness champion works with their school staff in determining the best plan to implement mindfulness with other staff and students. The implementation coach provides the guidance and support essential for the school mindfulness champion and staff in the development of sustainable school plans.

Fall 2018/Spring 2019 – school mindfulness champion

Fall 2018 – mindfulness trainer

Spring 2019 – implementation coach

*School Leverage: \$3000 for stipends for trainings and workshops*

**\$7429.84**

Spring 2019/Fall 2019 – school mindfulness champion

Spring 2019 – mindfulness trainer

Fall 2019 – implementation coach

*School Leverage: \$4,500 for stipends for trainings + \$285 books*

**\$9332.60**

Fall 2019/Spring 2020 – school mindfulness champion

Fall 2019 – mindfulness trainer

Spring 2020 – implementation coach

*School Leverage: \$1,190 for stipends for trainings + \$160 for stipends for implementation + \$148 for 4K classroom supplies + \$1,050 for staff yoga*

**\$7394.84**

Spring 2020/Fall 2020 – school mindfulness champion

Spring 2020 – mindfulness trainer

Fall 2020 – implementation coach

*School Leverage: mindfulness opportunity occurred during built-in staff time*

**\$4164.00**

Fall 2020/Spring 2021 – school mindfulness champion

Fall 2020/Spring 2021 – school co-champion

Fall 2020 – School mindfulness trainer

Spring 2021 – implementation coach

*School Leverage: \$2,250 for stipends for trainings*

**\$8,642.80**