



Position: School-Based Mindfulness Instructor

Part-Time, Non-Exempt

As a part-time School-based Mindfulness Instructor, you will work closely with and report to the Senior Director of Programs. You will be responsible for leading trauma-informed mindfulness sessions for individuals or groups to enhance overall well-being and mental health. The sessions may be virtual or in-person, depending on the client.

Direct Reports: None

General Duties and Responsibilities

- Facilitate in-school mindfulness programs for Lehigh Valley students in grades K-12.
- Master and adhere to all aspects of Shanthi Project's mindfulness education curricula.
- Facilitate mindfulness activities for after-school programs and/or summer camps.
- Support district educators in establishing mindful classrooms.
- Represent Shanthi Project in a positive manner, maintaining professional standards of ethics and confidentiality in all interactions.
- Attend Shanthi Project staff, department, committee, and other work-related meetings as needed or requested.
- Maintain accurate timekeeping records.
- Collaborate with Shanthi Project's Finance and Data Manager to conduct assessments and evaluations to track participants' progress and adjust program content as requested.
- Attend community and Shanthi Project events as needed.
- Other duties as assigned

Requirements

- An established personal mindfulness practice
- Experience leading mindfulness sessions or similar group activities OR experience working with children and adolescents in an educational setting, with knowledge of child development principles is preferred
- Bachelor's Degree in a relevant field is preferred

- Completion of Shanthi Project's *Mindfulness in the Classroom* training
- Trauma-informed Service Delivery training (offered by Shanthi Project)
- Fluency in Spanish is highly desirable

Traits and Attributes

- Strong interpersonal and communication skills, with the ability to connect with individuals from diverse backgrounds
- Empathy, compassion, and a non-judgmental attitude toward others
- Flexibility and adaptability in responding to the unique needs and preferences of participants
- Adaptive and open-minded
- Collaborative
- Ethical

Physical Requirements

- While performing the duties of this job, the employee is regularly required to sit, stand, talk, and hear.
- This position primarily works in a classroom environment with a noise level that varies from quiet to moderately noisy.