



## **Instructor Time Commitments**

*Calmer Choice Instructors are critical to the delivery of quality mindfulness programming to our school partners. In addition to in-classroom curriculum instruction, Instructors should plan to spend time on the following as part of their role:*

### **Initial Orientation Period:**

- Successful completion of the Instructor Training Program (apprx. 10 days)
- Successful completion of 8-week mentorship period
- Successful completion of student teaching period

### **Weekly:**

- Individual preparation for classroom teaching (varies)
- Regularly check/respond Calmer Choice email

### **Monthly:**

- Attending peer mentor meetings (bi-weekly, 75 mins)
- Team Mindfulness Practice Sessions (bi-weekly, 75 mins – optional but recommended)
- Staff meetings (monthly, 90-120 mins)
- Individual mentorship sessions (as needed)

### **Annually:**

- Participate in Program Staff Retreat (3 days)
- Attend professional development sessions for Programs Team (2-4 days total)

### **Other:**

- Participate in Calmer Choice team wide DEIB/NVC/other trainings
- Attend other organizational events such as celebrations, presentations, etc.

### **Work Schedule Note:**

Calmer Choice's school-based curriculum is taught in bi-weekly lessons. This means that instructors must be available to work either a Monday/Wednesday or Tuesday/Thursday schedule – generally in the mornings.