

Group Membership Information

Your ROE has purchased a group membership to the Coalition of Schools Educating Mindfully.

You now have all of COSEM's professional membership benefits for one year including:

- Recordings of Educating Mindfully Conference sessions;
- PD Events led by experts on mindfulness-based SEL topics;
- Mentorship meetings where members share their experiences integrating mindful practices;
- Equity-Based Conversation Series on culturally-responsive teaching, anti-racism, and more;
- A variety of multi-session personal development series;
- Self-restoration sessions where members lead yoga and other mindfulness-based practices;
- Our Members Site, an online community to connect, learn about mindfulness-based resources, and join support groups and interest groups such as one that connects classrooms across the globe wishing to practice together;
- Access recordings of all offerings through our view-trackable Members Site; those who watch Learning Center content or attend live events have the ability to earn PDHs or CEUs through your ROE. More details will be provided by your ROE. PDHs and CEUs are also available through COSEM for a small fee. Learn more [here](https://www.educatingmindfully.org/credits) (https://www.educatingmindfully.org/credits)

Each person needs to follow these steps to gain access to membership benefits:

1. Complete this [Membership Form](#) so that we can communicate with you if needed relating to professional membership.
2. After clicking submit on the form, another window will immediately pop up with a join link to our Mighty Networks Member Site where benefits are accessed.



Important Notes:

- All upcoming events will be listed on our Member Site and will take place on Zoom. We house the recordings of our events in the Learning Center area of our Member Site.
- There is a link to enter our Member Site on the top of our homepage at educatingmindfully.org. We also encourage you to download the Mighty Networks app.
- When you start exploring our Member Site, visit the Welcome Section which has directions on how to adjust your notification settings, download the app, create personal profiles, and more.
- Contact hello@educatingmindfully.org if you have any questions.