



In Partnership with Holistic Life Foundation, Colorado High School Charter - Osage Campus is hiring for the following position:

Position Title: Mindful Moment Instructor

Position overview: To facilitate the implementation of the Mindful Moment program at [Colorado High School Charter, Osage Campus](#) in Denver, Colorado.

Background: The Mindful Moment program provides a school-wide mindfulness and yoga based intervention consisting of several coordinated initiatives:

First, the entire school takes part in a daily 10 to 15 minute mindfulness practice.

Second, the Mindful Moment Room is set up for a serene and calming environment. Students may self-refer to the Mindful Moment room, or teachers may send distressed or disruptive students there for individual assistance with emotional self-regulation through yoga, breath work, self-reflection, and meditation. This room serves as an alternative to suspension.

Third, Mindfulness / Yoga Instructors schedule visits with classrooms to engage students and teachers in the benefits of mindfulness practices. Mindful Moment Instructors must maintain a calm environment and demonstrate the appropriate competencies to teach children and youth techniques to obtain the desired outcomes of enhanced self-regulation and social and emotional wellness.

Program objectives:

Create a safe space for students to practice techniques for emotional self-regulation as an alternative to suspension and as a means for developing healthy life coping skills. To that end, our primary objective is to introduce students, staff, and faculty to proven methods, based in yoga, mindfulness, breath work, and overall holistic wellness, to empower them with the skills to effectively navigate their lives. Mindful Moment Instructors' presence in the schools provides skilful instruction, engages the full student body and staff, and infuses the practice through playing or saying the Mindful Moment recording. These activities facilitate and support learning of mindfulness and yoga to promote self-empowerment and independent utilization of the techniques.

We are able to measure the success of our program through the following:

1. Consistent participation in the Mindful Moment recording practice periods
2. Increased referrals from teachers of students to the Mindful Moment Room as an alternative to suspension
3. Increased capacity of students to utilize yoga and mindfulness techniques during stressful moments

HOLISTIC LIFE FOUNDATION
1014 W 36th St, Suite 403 Baltimore, MD 21211
410-235-4300
info@hlfinc.org



4. Increased self-referrals to the Mindful Moment Room and productive use of that time
5. Improvements indicated through assessments and tracking measures
6. Enhanced school “buy-in” through greater teacher, student, staff, administration, and parent requests for Mindfulness/ Yoga services.

Key responsibilities and accountabilities:

Program Implementation

- Play or say the morning and Mindful Moment recording, as school schedule permits
- Demonstrate an active presence within the school, including availability to students within the hallways, classrooms, and Mindful Moment Room
- Develop an understanding of the specific needs of students and staff
- Motivate students and staff to understand and engage in the benefits of yoga and mindfulness
- Abide by HLF School Conduct Guidelines and represent HLF’s mission and values through presentation and behaviors
- Visit classrooms, in coordination with staff and on an as-needed basis, to provide yoga and mindfulness practices to students and staff
- Manage and maintain the Mindful Moment Room; ensure the safety and wellbeing of students and staff
- Provide instruction related to physical, breathing, and mindful practices during school hours, for special events, and as needed, for individuals and groups
- Provide ongoing opportunities for students, and school personnel to learn more about yoga and mindfulness, professional development, special classes, and one-on-one sessions

Relationship Building

- Develop and maintain positive relationships with students, staff, administration, and parents
- Respond to and follow up on student, teacher, and administration’s recommendations
- Develop and implement strategies for increasing student, staff, administration, and faculty participation in, and support of, the MM Program
- Communicate in a manner that is reflective of HLF’s mission and values
- Engage HLF Leadership in communications with administration as needed

Performance Assessment and Tracking

- Provide reporting data, as requested, to the site administration and HLF Executive Staff.
- Monitor MM referrals
- Track classes visited, and visitors/ referrals to the MM Room (site will provide schedule)
- Identify constructive ways for improving the program and share this information with the Program Director and HLF Administrative and Executive Staff

Additional Responsibilities:

- Respond according to procedure for emergency and disciplinary situations
- Maintain current first aid and CPR certification and ensure equipment/kits/materials are maintained and available



- Develop and participate in special programs, events as needed, for students, parents/guardians, teachers, and the broader community
- Attend meetings with school team/administration as needed



Colorado High School Charter Overview:

Colorado High School Charter (CHSC) is a 9-12 public charter school in Denver whose mission is to transform the alternative education experience by igniting the potential within each of the diverse young people we serve. CHSC is one of the leading alternative education campuses in Denver, with student achievement data consistently showing notable growth. As a member of the CHSC team, you will have the opportunity to develop meaningful relationships with your students while receiving regular coaching and professional development to allow you to make a difference for students who have not found success elsewhere.

What makes working at CHSC exciting?

- Ongoing learning through regular coaching and professional development
- A focus on student personal and academic growth achieved through tailored curricula, a supportive school environment and community partnerships
- Social emotional support for students to remove barriers in and out of the classroom so ALL students can be successful
- A great staff culture that regularly celebrates student and staff achievement
- 4-day school week for students with alternating Fridays off for staff to promote work/life balance ,

What do we look for in candidates?

- You are passionate about education in an alternative education setting and are excited about Colorado High School's mission.
- You recognize the value of learning through real-world application and are eager to help all students consider a range of career paths.
- You have experience or a strong desire to work with young people who have struggled personally or academically in conventional school settings.
- You value developing trusting and often transformative relationships with students.
- You are a team player who helps create a positive, vibrant school culture

Compensation Salaries are competitive and commensurate with education and experience. We offer a comprehensive benefits package. Pay range \$44,763 - \$81,563

HOLISTIC LIFE FOUNDATION
1014 W 36th St, Suite 403 Baltimore, MD 21211
410-235-4300
info@hlifinc.org



BENEFITS: [Medical coverage](#) will be fully covered through our company's employee benefit plan and will be effective on your start date. [Dental and optical insurance](#) are also covered. Holistic Life Foundation offers a [flexible paid time-off plan](#) which includes personal and sick leave, employee assistance program and a discount program. Time off accrues at the rate of one day per month for your first year, then increases based on your tenure with the company.

To Apply Submit cover letter and resume to Liz Feldhusen at lfeldhusen@chscharter.org

CHSC proudly values diversity and is an equal opportunity employer. Colorado High School Charter does not discriminate on the basis of race, color, national origin, age, sex, or disability, in admission or access to, or treatment or employment in its programs and activities.