



LET THE GLITTER SETTLE:

Mindfulness Practices for Presence, Awareness, and Regulation in Your Life and Working Spaces

WEDNESDAY JUNE 4, 2025

1:00 P.M. VIA ZOOM.

Dive into the neuroscience of mindfulness and explore how simple, brief practices can enhance emotional regulation.

Gain practical tools to incorporate mindfulness into your daily routine, helping you and those around you stay grounded, present, and engaged.

FEATURING Guest Speaker

Stefanie A. Lachenauer

2025 New Jersey State Teacher of the Year



REGISTER NOW

<https://us06web.zoom.us/join/okLUeeAeSyuZBSwnKrB9KQ>

Stefanie Lachenauer is a middle school educator, mindfulness teacher, author, speaker, trauma-informed and resilience practitioner, coach, and trainer. She has been speaking and presenting nationally and internationally on topics ranging from trauma-informed practices to social-emotional learning, mindfulness, and other neuroscience-backed practices. Her first book, *Let the Glitter Settle: Mindfulness for Teens*, is scheduled for release in May 2025. This year, she is honored to continue this work, advocating for over 125,000 educators as the New Jersey State Teacher of the Year.