



# Teacher Testimonials

## Miami-Dade County Public Schools Teachers

**2017 M-DCPS Teacher of the Year, Precious Symonette:** *“It was beautiful to learn about myself on another level. Having an experience to forgive, show empathy and love to the self is needed – everyday! This helps us to truly show it to others, especially our students.”*

**Caridad Abey:** *“I have become more comfortable and more at ease. I notice that my students are more focused and handle stressful situations much better than in the past. I notice that they are more reflective and use strategies such as belly breathing without being prompted.”*

**Dolores Ochoa:** *“Thank you for helping teachers be better teachers and for finding a way to help children. We live with so much stress that we forget about our little ones and the effect of our stress on them.”*

**Maria C. Sahdala:** *“This is an excellent opportunity to participate in an unique research-based program designed to enhance different aspects of emotional development in children. It has impacted positively my own personal life as well as that of others (teachers and students) by creating a positive, tolerant, and compassionate atmosphere in the schools where it is being implemented.”*

**Haydee Sanchez:** *“I have found this program very rewarding. It has awakened a sense of inspiration that I look forward to instilling in my students.”*

**Cristina M. Vazquez-Villegas:** *“Mindfulness should be a class required for all teachers! As teachers, we give so much all day, we need these tools to also give to ourselves what we give to others go generously. This class has awoken me to live my life with compassion, acceptance and no judgment.”*

**Charmaine R. Wilson:** *“I believe that there is immense benefit to teachers in the mindfulness program. It should be required training for all teachers. Whether comfortable with implementing it into the classroom or not, the ability to calm your-self through stressful moments is of immeasurable benefits. The tools acquired are essential to a teacher’s toolbox.”*

## Christopher Columbus Senior High Teacher - Steven O’Brien:

*“I found the program to be most helpful in my everyday challenges and encounters. I feel a mild sense of calm upon waking in the morning and enjoy being a witness to my own life. I am excited about the future and will never forget the knowledge and love that was shared with me.”*

## Broward County Public School Teacher - Carolyn Sant Angelo

*“At a personal level this course has strengthened my own practice. As an educator I shared successfully some of these practices with my students and they went from curiosity to pleasant anticipation, to sincere application of the practices.”*