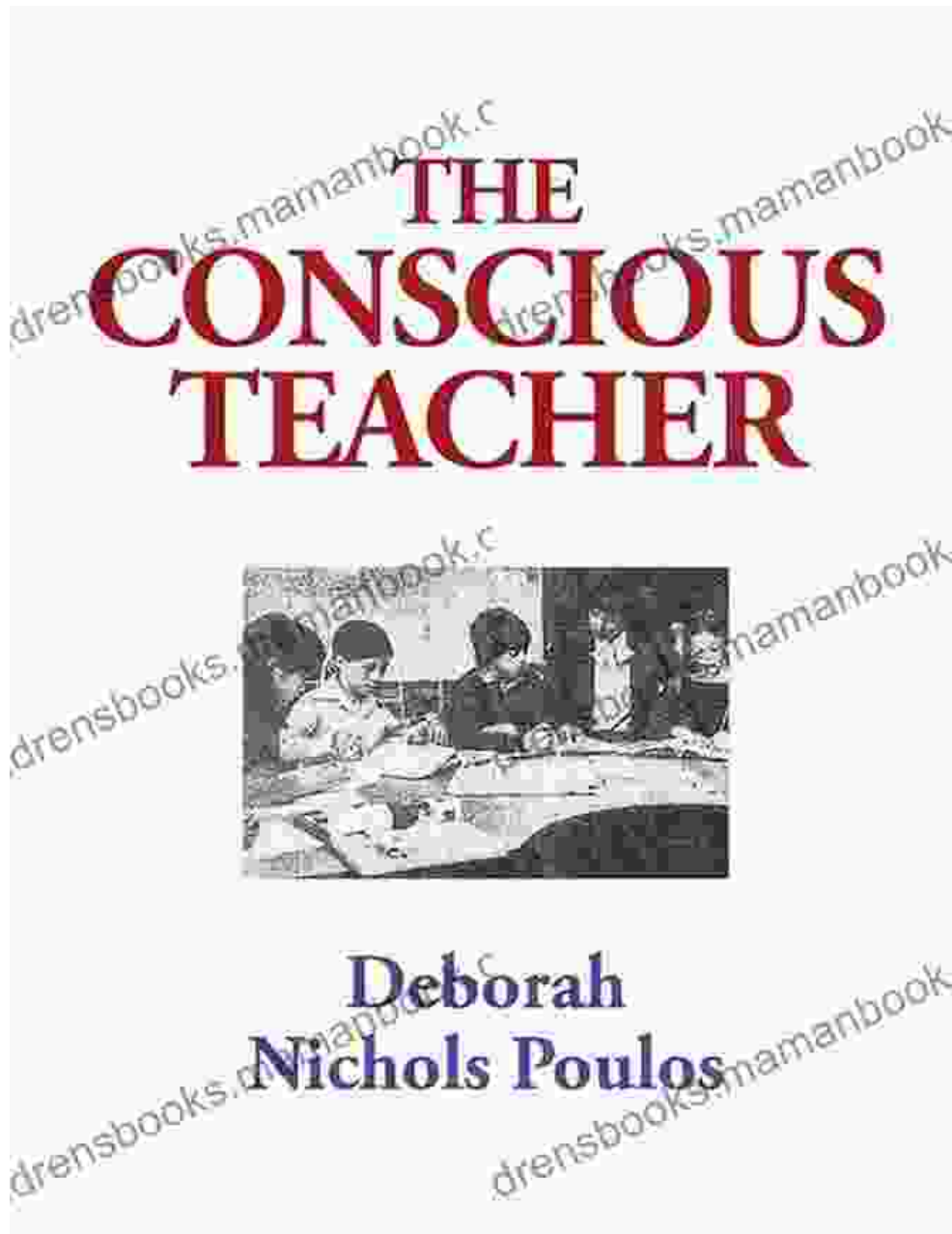


# The Conscious Teacher: Deborah Nichols Poulos



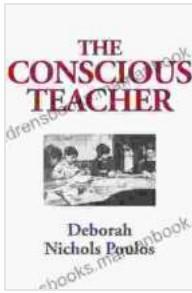
**The Conscious Teacher** by Deborah Nichols Poulos

★★★★☆ 4.2 out of 5

Language : English

File size : 8946 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 483 pages  
Screen Reader : Supported



## Who is Deborah Nichols Poulos?

Deborah Nichols Poulos is a conscious teacher who has helped thousands of students improve their academic performance and overall well-being. Her unique approach to education combines traditional teaching methods with mindfulness and self-awareness practices.

Deborah is a certified teacher with over 20 years of experience in the classroom. She has taught students of all ages, from preschool to high school. She is also a certified mindfulness instructor and has been practicing mindfulness for over 10 years.

Deborah's passion for teaching is evident in everything she does. She is a gifted teacher who is able to connect with students on a deep level. She is also a caring and compassionate person who is always looking for ways to support her students.

## What is Conscious Teaching?

Conscious teaching is an approach to education that emphasizes the importance of mindfulness and self-awareness. Conscious teachers believe

that students learn best when they are aware of their thoughts, feelings, and actions.

Conscious teaching practices can be used in any classroom, regardless of the subject matter. Some common conscious teaching practices include:

- Mindful breathing
- Body scan meditation
- Gratitude exercises
- Self-reflection activities
- Mindfulness-based games and activities

Conscious teaching practices can help students to:

- Improve their focus and attention
- Reduce stress and anxiety
- Increase their self-awareness and self-compassion
- Develop healthy coping mechanisms
- Improve their academic performance

### **Deborah Nichols Poulos's Approach to Conscious Teaching**

Deborah Nichols Poulos's approach to conscious teaching is based on the belief that all students have the potential to succeed. She believes that by creating a safe and supportive learning environment, students can learn to access their inner wisdom and reach their full potential.

Deborah's teaching practices are designed to help students develop the skills they need to be successful in school and in life. She teaches students how to:

- Manage their emotions
- Set goals and achieve them
- Build healthy relationships
- Make responsible decisions
- Live a mindful and compassionate life

Deborah's approach to conscious teaching has been proven to be effective in improving student outcomes. Her students have shown significant improvements in their academic performance, social-emotional development, and overall well-being.

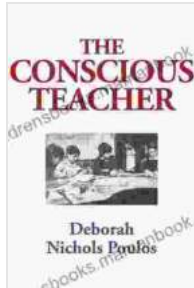
## **How to Learn More About Conscious Teaching**

If you are interested in learning more about conscious teaching, there are a number of resources available to you.

- Deborah Nichols Poulos's website:  
<https://www.theconsciousteacher.org>
- Deborah's book, *The Conscious Teacher: A Guide to Mindful Teaching and Student Success*
- The Conscious Teaching Network:  
<https://www.consciousteachingnetwork.org>

You can also find Deborah Nichols Poulos on social media:

- Facebook: <https://www.facebook.com/deborahnicholspoulos>
- Twitter: <https://twitter.com/conscioustd>
- Instagram: <https://www.instagram.com/conscioustd>



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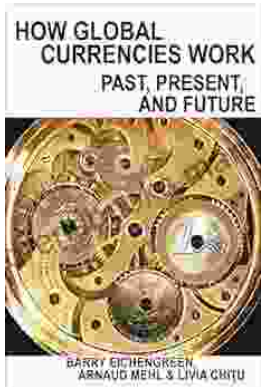
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