



Oakland Unified School District

Board of Education
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Legislation Text

File #: 13-0861, **Version:** 1

Ratification by the Board of Education of a Professional Services Contract between the District and Niroga Institute, Oakland, CA, for the latter to provide a 6 hour course named Transformative Life Skills (TLS), for all District staff and partners and has the capacity to serve up to 100 participants, focusing on self-care; participants will learn optimal tools and skills for stress management, resilience, self-care and healing from vicarious trauma; participants will learn how to integrate a 15-minute Transformative Life Skills (TLS) protocol as a dynamic mindfulness module in classrooms, improving classroom climate and enhancing a positive school-wide learning environment, through the Family, School, and Community Partnerships Department, on May 4, 2013, in an amount not to exceed \$3,000.00.

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