



HEARTCENTRED  
TEACHING

# Creating a Conscious Classroom

*Before you Begin*



*Based on my findings from the work of the following Conscious Leaders:*

Dr Shefali Tsabary, Suzi Lula, Rachel Macy Stafford, Renee Jain, Rick Smith, Patricia Jennings,  
Erin Taylor, Sue DeCaro, Daniel Siegel, Marshall Rosenberg, Jolette Jai, Brene Brown.