



seeds of awareness
EMPOWERING COMMUNITIES WITH MINDFULNESS

Contract for Services Rendered

This is a contract entered into by **Seeds of Awareness, Inc** (hereinafter referred to as “the Provider”) and **Making Waves Academy** (hereinafter referred to as “the Client”) on this date, Nov 30, 2020.

The Provider’s place of business is 2501 Harrison St Oakland, CA 94611 and the Client’s place of business is 4123 Lakeside Dr., Richmond CA 94806

The Client hereby engages the Provider to provide the services described herein under “Scope and Manner of Services.” The Provider hereby agrees to provide the Client with such services in exchange for consideration described herein under “Payment for Services Rendered.” *The Client agrees not to hire independently the Seeds staff for any additional services or additional employment without written consent by the Provider.*

Scope and Manner of Services

Mindfulness & Inner Resilience for Educators | Rate: \$8,000

- Professional development/in-service training to support teachers and staff with building their inner capacity and resourcing to navigate stressors, conflict, and intensity for themselves, and to model and share these practices and resources with their students and peers.
 - Six 1-hour monthly workshops (Dec, Jan, Feb, March, April, & May) themed in response to educators’ and school system’s needs, including but not limited to topics listed below:
 - Inner Resilience & Resourcing for Educators
 - Trauma-Informed Classrooms, Vicarious Trauma, & Burnout
 - SEL Skill-building and Experiential Practice
 - Mindful & Restorative Relationship Building
 - Two 2-hour deep dives during PD days for staff with built in time for strengthening practice, experiential exercises, and strategies through small groups.
 - Post-surveys to assess efficacy of sessions and build out further content accordingly and collaboratively between Seeds and MWA
 - Regular consultations (*up to 8 hours*) with MWA’s Holistic Support Services Team.
 - Where possible consultations will be offered in advance of workshops to preview SEEDS materials, otherwise maybe offered afterwards to accommodate facilitator availability. Advanced consultations may not be available for Dec or Jan sessions.
 - Optional: 2-3 of these consultation hours may go toward the student-facing mindful education offering, as the Holistic Services team builds out their advisory session



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content. Seeds can provide subject-matter expertise on some of this content if the client chooses to use the time for this component.

- Presentation materials will be shared with MWA's Holistic Support Services Team for future reference and use with ALL credit and intellectual property given to Seeds of Awareness, including branding and logo on any materials shared. Materials may not be distributed outside of MWA without explicit permission by Seeds of Awareness.

Mindful Educator Group Coaching Sessions | Rate: \$4,500

- Monthly deep dive coaching sessions to reinforce and deepen the learning from the monthly PD's, with two small groups of up to 6 educators.
 - Two 1.5-hour coaching sessions occurring 1x/month (Jan-May)
 - Pre/Post Survey: a pre and post surveys to assess and evaluate program efficacy

Parent Academy | Rate: \$1,500

- Coinciding and supplemental to the educator PD sessions, Seeds will provide monthly Parent workshops with three 1- hour sessions designed to meet parent/caregiver needs including but not limited to the following topics
 - Mindful Parenting & Restorative Relationships
 - Conflict Resolution Skills
 - Self-Care and Inner Resilience Practices
- Brief post-workshop surveys for attendees to identify the perceived value and usefulness of the offerings, and to identify level of further interest on the topics presented
- Presentation materials will be shared with MWA's Holistic Support Services Team for future reference and use with all credit and intellectual property given to Seeds of Awareness.

TOTAL RATES

The rate for the full scope of services:

- Mindfulness & Inner Resilience for Educators (\$8,000)
- Mindful Educator Coaching Sessions (\$4,500)
- Parent Academy (\$1,500)

Total \$14,000*

**All rates include administrative time, workshop planning & preparation, coordination of services and access to SEEDS*



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proprietary materials. Additional time required/ requested will be charged at a rate of \$200 per hour with notice.

Payment for Services Rendered

The total cost is **\$14,000** for the above comprehensive Mindful Education package. In order to secure terms of this contract, 50 % of service contract should be paid by December 15th, 2020 unless other terms are agreed upon. A deposit of \$1,000 must be received prior to the December workshop.

Signatures

In witness of their agreement to the terms above, the parties or their authorized agents hereby affix their signatures:

Provider: Seeds of Awareness, Inc

By: Sarwang Parikh Title: Director of Schools & Mindful Education

Sign _____

Client: Making Waves Academy

By: _____ Title: _____

Sign _____



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