

Contract for Services Rendered

This is a contract entered into by **Pam Lozoff and Sarwang Parikh, Inc** (hereinafter referred to as "the Provider") and **Making Waves Academy** (hereinafter referred to as "the Client") on this date, August 6, 2021.

The Provider's place of business is 100 Nicholl Ave., Richmond, CA 94801 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."

Scope and Manner of Services

Mindfulness & Inner Resilience for Educators | Rate: \$10,000

- 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.
 - Nine 1.25 hour monthly workshops (Sept-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
 - Post-surveys to assess efficacy of sessions and build out further content accordingly and collaboratively between and MWA
 - 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 Pam Lozoff and Sarwang Parikh, including branding and logo on any materials shared. Materials may not be distributed outside of MWA without explicit permission by Pam Lozoff

and Sarwang Parikh.

Mindful Educator Group Coaching Sessions | Rate: \$10,000

- Monthly 1.25 hour deep dive coaching sessions to reinforce and deepen the learning from the monthly PD's, with two small groups of up to 8 educators.
 - Two 1.5-hour group coaching sessions occurring 1x/month (Sept-May)
 - Pre/Post Surveys conducted to assess and evaluate program efficacy

Parent Academy | Rate: \$2,000

- Coinciding and supplemental to the educator PD sessions, trainers will provide monthly Parent/ Caregiver Education workshops with five bi-monthly 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 Pam Lozoff and Sarwang Parikh.

Consultation | Rate: \$3,000

- Regular consultations (*2 hours/mo*) with MWA's Holistic Support Services Team and/ or Dean of Students:
 - Monthly consultations to advise student-facing mindful education offering, in tandem with existing curricula. Facilitators can provide subject-matter expertise and guidance on some of this content.

TOTAL RATES

The rate for the full scope of services:

- Mindfulness & Inner Resilience for Educators (\$10,000)
- Mindful Educator Coaching Sessions (\$10,000)
- Parent Academy (\$2,000)

☐ Consultation (\$3,000)

Total \$25,000*

**All rates include administrative time, workshop planning & preparation, coordination of services and access to proprietary materials. Additional time required/requested will be charged at a rate of \$150 per hour with notice.*

Payment for Services Rendered

The total cost is **\$25,000** for the above comprehensive Mindful Education package. In order to secure terms of this contract, a non-refundable deposit of \$1,000 must be received by August 9th, 2021 and 20% of the service contract should be paid by August 31st, 2021. Please remit separate payments made to the providers below.

Signatures

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

Provider: **Pam Lozoff and Sarwang Parikh, Inc**

By: Sarwang Parikh

Title: Co-Director Mindful Education

By: Pam Lozoff

Title: Co-Director Mindful Education

Sign _____

Sign _____

Client: **Making Waves Academy**

By:_____

Title:_____

Sign _____