Mr. Finan is a passionate believer and teacher of “mindfulness,” a practice designed to help participants increase their ability to live fully in the present moment. Numerous studies show that mindfulness training for teachers can help them cope better with stress, while also making the classroom environment more productive.

After using the practice of mindfulness himself, Mr. Finan made the decision to share it with others. He taught the practice to his students and colleagues, and then expanded the training to the entire school district on in-service days and to the greater community through parent trainings. He soon learned that his young students were even bringing the practice into their own homes by encouraging their families to use this technique during stressful moments.

Mr. Finan is an excellent example of what the best teachers do, which is to go beyond academics and give their students the tools they need to succeed in life! We were honored to present Mr. Finan with our Teacher as Hero Award.