

.b Foundations

Starts Tuesday 12 October 2021

4.00 - 5.30 pm

**Venue for sessions
to be confirmed
(Castlebar School/Zoom)**

Session Dates

12 October 2021
2 November 2021
9 November 2021
16 November 2021
23 November 2021
30 November 2021
7 December 2021
14 December 2021

**Fee:
£195
per delegate**

Mindfulness for Teachers and School Staff

Reduce teacher stress and improve wellbeing

What are the Potential Benefits?

The benefits of mindfulness for adults is well-researched and a review of studies related to school teachers, shows positive impact in the following areas

Well-being

Emotional
Regulation

Sustained
Attention

Teaching
Efficacy

Self
Compassion

The course is delivered over eight, 90 minute sessions. Sessions will include 10-15 minute mindfulness practices, opportunities to reflect on the experience of the practices, and discussions around different mindfulness themes each week

Over the 8 sessions you will be provided with guidance, tools and strategies to develop a mindfulness practice and to bring mindfulness into your daily life

Each week you will be asked to do 10-20 minute daily mindfulness practices at home. This commitment is vital to get the full benefits of the course

It is important that you attend all 8 weeks of the course. (To receive a .b Foundations certificate, it is necessary to attend at least 6 out of the 8 sessions)

You will be asked to buy your own copy of the Mindfulness: 'A Practical Guide to Finding Peace in a Frantic World' book for approx. £10 so you can access the practices through audible and read a chapter each week

Introducing Mindfulness into Your School

Completing an 8-week adult mindfulness course can be the first step towards training to teach mindfulness to children and young people and is part of the prerequisite for the Mindfulness for All Learners 2-day course, training adults to teach mindfulness to children and young people

Please note: There are times when mindfulness courses are advised with caution or sometimes not recommended, if you have any queries or would like to discuss anything in strictest confidence, please email the course facilitator:

lynneccopeland@outlook.com

Led by

Lynne Copeland

Mindfulness Teacher and Educational Psychologist

To book your place on this course use **[this link](#)**

For further information please contact us at:

training@castlebar.ealing.sch.uk

