



Mindfulness Skills for Teacher* Well-Being Enhance Staff Resilience!

Offer these classes to your teachers *and ancillary staff**, and it will benefit them personally, and enhance teamwork and relationships.

“One of the unexpected benefits of the Mindfulness for Teacher Wellbeing program at Caningeraba School was the team-building. We got to know each other so much better, which has increased empathy and support for each other”

Bobbi Allan taught a 2-hour per week class for 6 weeks at Caningeraba State School, Burleigh Heads, Qld in Term 3, this year (2016). The 18 staff who attended the course loved it so much, they told their colleagues, and Bobbi is now leading a second class in Term 4, for 15 teachers and ancillary staff.

“This course was so valuable. It helped me find my way back to myself, to identify my self-worth. I learned that taking a moment to re-set my nervous system on a regular basis makes life so much better!”

Teachers, like their students, need and deserve supports to flourish, professionally and personally. In an educational era of high stakes testing, tightening budget constraints, and other increased pressures, teachers all too often encounter a cascade of stressors which impact negatively on wellbeing, and lead to high attrition rates.

Mindfulness is a valuable wellness and self-care tool for teachers. These classes are Bobbi’s adaptation of Mindfulness Based Stress Reduction to suit the practices to the busy lives of teachers and support staff. MBSR has been studied for over 30 years at the Massachusetts University Medical School. Mindfulness is supported by neuroscience, and the research has demonstrated reduced stress, improved physical and mental/emotional resilience and the development of lasting self-care skills.

The classes can be scheduled at your school at a time to suit your staff*.

Classes need a minimum no of 10 participants, and maximum number is 20.

**For example, the classes at Caningeraba School ran from 3.30 – 5.30 p.m.*

Benefits of the classes:

Each week your staff will learn personal mindfulness skills to support their well-being. We teach the neuroscience of mindfulness & why and how it works to re-balance our nervous systems. Participants come away with an extensive tool-box of short mindfulness practices they can fit into and around their busy working days. Mindfulness will enhance your staff's calm, focused presence in the classroom or office, and help them increase positivity and enjoy a better work-life balance.

Topics for Each Week

- **Your Brain and the Power of Mindfulness**
- **Coming to Your Senses: Body and Breath**
- **Fresh Perspectives / Beyond Habitual Thinking**
- **Surfing the Emotions**
- **Mindful Communication**
- **Positivity, Kindness, Gratitude & Resilience**

Fees: \$260 per person for classes held at your school

Bobbi Allan has over 35 years experience in Mindfulness practice, leads mindfulness meditation retreats, and is trained in Mindfulness Based Stress-Reduction. Her professional background is in education & training. She is the director of Mindfulness in Education, and has taught mindfulness to over 80 teachers and to students in primary and high schools across the Northern Rivers and on the Gold Coast.

**In Term 1, 2017, this class is also being offered to staff from any school,
at the YWCA Auditorium, 101a Rous Road, Goonellabah, Lismore**

6 Tuesday evenings, 4.30 – 6.30 p.m. Tues 21 February to Tues 28 March

Fee: \$285 per person. Bookings open now.

**Information & registration:
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www.mindfuleducation.com.au**