



MINDFULNESS IN EDUCATION

**ONE-DAY WORKSHOPS
Northern NSW 2020**

**NESA APPROVED
COURSE**

TERM 1 2020

Thursday 6 March LISMORE
Thursday 19 March COFFS HARB
Friday 20 March YAMBA
Saturday 28 March BYRON BAY
Thursday 2nd April TWEED HDS

TERM 3 2020

Thursday 13 August LISMORE
Thursday 20 Aug BYRON BAY
Thursday 3rd Sept CASINO

MINDFULNESS for Primary School Classroom Teachers

Professional Development in teaching
classroom Mindfulness for students
of all ages and stages.

Mindfulness supports SEL and the PDHPE
Curriculum. It increases students'
cognitive and physiological control of
top-down brain processes and
decreases bottom-up stress and anxiety.

By increasing emotional control, self-
regulation and optimism, students
develop the basis for resilience and
flexibility in behavioural choices.

Book/enquire: 0428 886 147
bobbi@mindfuleducation.com.au
mindfuleducation.com.au

COST \$250

SESSION 1

INTRODUCTION TO MINDFULNESS IN THEORY & PRACTICE

The Mindfulness Triangle
Attitudes and Myths
Neuroscience and Physiology of
Mindfulness
The Core Practice

SESSION 2

ENGAGING STUDENTS

Activities, games, props,
adaptions, special needs.

SESSION 3

MINDFULNESS, SEL & THE PDHPE CURRICULUM

Mindfulness practices for
understanding oneself
and others.

SESSION 4

LEADING THE PRACTICES

Learn to lead the core
mindfulness practices
based on body, breath and
movement.

SESSION 5

SEL & SCHOOL WELLBEING CURRICULUM

Mindfulness practices for
valuing oneself and others.



Completing Mindfulness for Primary School Classroom Teachers will contribute 5 hours of NSW Education Standards Authority (NESA) Registered PD addressing 4.1.2, 4.4.2 and 6.2.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.



MINDFULNESS IN EDUCATION

Bobbi Allan & Shakti Burke launched Mindfulness in Education in 2012 and have since trained nearly 200 teachers in **Mindfulness for Primary School Classroom Teachers** – and presented mindfulness lessons to students of all ages and stages in classrooms across the North Coast of NSW and interstate.

"I feel so inspired to use what I learnt today in my classroom and personal life."

Whole of School Mindfulness Programs

We work with school principals and staff to design a program to meet the specific needs of staff, students and parents. Building a culture of mindfulness transforms class rooms and whole schools.

To date we have run a 1-year program with Dunoon PS, a 3-year program with The Pocket PS and an Early Learning program for teachers and students in a Preschool.

Mindfulness Skills for Teacher Well-Being

Six 2-hour classes run over 6 weeks at a time to suit your teachers. Teachers need and deserve supports to flourish professionally and personally. Mindfulness is a valuable wellness and self-care tool for teachers, demonstrated to increase resilience and reduce teacher stress and burnout.

"Speakers are highly attentive, organised and precise. Bobbi and Shakti provide simple effective strategies that busy teachers can utilise on their class and themselves."

*DISCOUNT: Mindfulness for Primary School Classroom Teachers

Schools can book the program for staff development days – held at the school.

10 – 18 teachers – \$230 per person; 18 – 30 teachers – \$220 per person.



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