

*****£2935 - Early Bird Offer for bookings confirmed before 31st May with delivery commencing before the end of summer term 2017*****



Minding Your Health in Education - Mindfulness and Compassion Wellbeing Programme

This Programme will support the development of awareness and understanding of stress and Mindfulness-based strategies, skills, and techniques for staff in education settings.

Aims

The programme aims to support staff to identify their stressors, stress responses and mind traps before progressing to learning how Mindfulness-based approaches help to manage and ameliorate stress. Staff will learn new ways to feel happier, more resilient, and how to embed these skills in daily living and professional practice with children and young people.

Structure and delivery

Overview

The programme is will be educational and experiential, teaching staff evidence-based ways in which to practice mindfulness skills and tools to support their wellbeing. The programme consists of a blended learning approach including:

- Teaching sessions
- Mindfulness and compassion based approaches and practice(s)
- The underpinning theory and evidence base
- Elements of neuroscience
- Practical application
- Practice log and self-reflection
- Online Resources
- Minding Your Health Toolkit, this includes all resources and activities required for the programme

“Mindfulness in education not only supports teacher’s well-being and resilience, as well as their ability to handle the challenges in a classroom, it also improves the quality of their classroom relations and helps students become more productive.” Dr. Christopher Willard, Clinical psychologist <http://www.mindful.org/rainbows-sunshine-and-unicorns>

On completion of the programme staff will have knowledge, understanding and resources to integrate Mindfulness and Compassion in to their daily lives and professional practice.

Programme Structure

This programme consists of 20 hours of face to face teaching sessions, each of which are to be completed one after the other sequentially, incorporating a total of 8 Learning Outcomes.

All 8 Learning Outcomes must be completed within a 6 week to 6 month timescale and students must attend all 20 hours of teaching sessions to complete the programme.

Teaching Sessions	Learning Outcomes
PART 1	
1	Understand the Impact of Stress and Strategies to Support You
2	Understand the Importance of Taking Care of Yourself ...You are Important too
3	Identifying Difficulties and Strategies to Help
4	Understand Ways to Support Change for Yourself and Others
5	Identifying Ways to Support Wellbeing
6	Understand How Mindfulness & Compassion Enhances Relationships
PART 2 – Module One	
7	Understand How to Use These Skills in Your Professional Setting
8	Identify Ways to Integrate Mindfulness and Compassion in Your Professional Practice with Children and Young People

Delivery

Teaching sessions 1 to 6 (14 hours) focus on experiential learning. Staff will learn Mindfulness skills, practices, and tools to develop their own personal resilience and emotional wellbeing. They will utilise their insight with practical applications for children and young people and begin to create safe, happy, nurturing spaces in all aspects of daily life.

Teaching sessions 7 and 8 (6 hours) introduces the Minding Your Health Toolkit, full of practical, tried and tested activities to engage and teach children and young people Mindfulness and Compassion. These sessions share best practice, practical demonstrations, Q&A to enable staff to explore develop their understanding further and identify ways to integrate these new skills in their professional setting.

Delivery of this programme is very flexible and can be tailored to suit the needs of your organisation.

A whole organisation approach to Mindfulness is recommended.

Assessment

There is no formal assessment for this training programme, each learning outcome is met through an opportunity to learn alongside peers either in house or at a venue provided by MindfulnessUK.

Home Practice

The programme also includes practices in between teaching sessions. During the teaching sessions there is the opportunity for students to explore key themes and reflections arising from their own practice diary.

Certificates

Staff will receive a Certificate of attendance at completion

Course Handouts and Mindfulness Practice Downloads

Electronic handouts and access to downloads are provided.

Toolkit

Each organisation received one toolkit containing activities for working with children and young people.

Student handbook

A Student Handbook for this programme will be available online and emailed to each organisation

Costs

For up to 20 Participants to delivered within your organisation with 1 MindfulnessUK Associate Tutor:

*****£2935 - Early Bird Offer - Ends 31st May 2017*****

This offer is for bookings made with full payment received before 31st May 2017 with delivery starting before the end of summer term 2017.

£3800 for bookings confirmed after 31st May with delivery commencing before 1st December 2017

All Costs include 20 hours teaching sessions, electronic handouts, online resources and toolkit.

Cost for additional toolkits is £125

Bookings

For bookings and further information please contact Angie Ward – MindfulnessUK Tutor, Therapist and Course Developer

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