

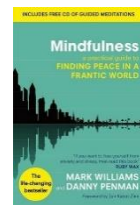
.b Foundations

8-week Mindfulness course for Education Staff

Reduce stress and improve wellbeing: 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



- ❖ The course is delivered over eight, 90 minute sessions. Sessions 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 book *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* for approx. £10



Completing an 8-week adult mindfulness course can be the first step towards training to teach mindfulness to children and young people and a prerequisite for many training courses, including the *Mindfulness for All Learners* 2-day course.

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:
mindfulconnections.uk@gmail.com

Testimonials

- 100% of 119 participants would recommend the course to a colleague.
- 99% said that the course had a positive/highly positive impact on their overall wellbeing.
- 96% said that it had a positive/highly positive impact on their capacity to deal with stress.

"Very impactful. Would do it again! Really changes your attitude towards mindfulness" -
Class Teacher, Ealing Primary School

"It has been very beneficial to both my work and home life" - Assistant Head Teacher,
Hounslow School

"I've been recommending to others already. It's a fantastic training" - Teaching Assistant, Ealing Primary School