Pilgrims

TEACHER TRAINING 2020

# WELLBEING FOR TEACHERS

| Course dates | Course fees | Course location |
|---|---|---|
| 28 June - 4 July | £685 | University of Kent |

## Target audience

Native and non-native English speaking administrators and teachers of all levels - from primary to adult education.
This course is suitable for educational managers and advisors, teacher trainers, and educational psychologists.

**You will need B1+/B2 to C1/C1+ level of English.**

## Course summary

This course will introduce the participants to the increasingly popular field of Mindfulness in Education.

Throughout this week, the participants will immerse themselves in a hands-on, personal experience of mindfulness. They will be exposed to down-to-earth, humanistic classroom management and to ways in which to promote a more effective and compassionate learning environment.

By the end of the course, the participants will be able to create a presentation on educational mindfulness accompanied by a meditation session that can be used in their workplaces, classrooms, or homes.

This course also provides a large amount of English practice throughout.

## *Course content*

What's mindfulness? How does it relate to education?

The relationship between mindfulness & neuroscience. Getting to know the brain and promoting well-being. The place of neuroplasticity in education.

Mindfulness meditation, deep breathing, and body scan meditation

Mini-breaks of mindfulness and movement: Relaxation, chair yoga, & facial yoga

Mindful eating & mindful walking. Presence & centering.

Alternative, humanistic classroom management: best practices to work with student reactivity. Nurturing student strengths.

Mindfulness & emotion regulation.

Mindfulness & creative writing.

Mindful communication; using non-judging language.

Kindness toward ourselves & others. Loving-kindness meditation.

Leading a mindfulness session at your workplace.

**To see this course in Erasmus+ course catalogue click here:**

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## Sample Programme

Please note this is an example of a daily programme. Course content may often be usefully adapted to incorporate the needs of each group member.

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 9.00-10.30 | Welcome, objectives, participants' needs and experiences. | Mindfulness & Neuroscience (Cont.). Neuroplasticity. | Alternative, humanistic classroom management: Holistic Life Foundation | Mindfulness and emotion regulation. The mood meter. Mindfulness cards. | Group presentations: A mindfulness session at your workplace. |
| 11.00-12.30 | Defining mindfulness and its application Mindfulness & Neuroscience. | Mindful eating, mindful walking, & self-reflection. | Mini-breaks of mindfulness, & movement. Mindfulness and creative writing. | Mindful communication, using non-judging language. Kindness toward ourselves & others. | Group presentations. |
| 14.00-15.30 | Practice: Awareness of breathing, body-scan meditation & mindful movement. | The mindful pause. Practice: Chair yoga, facial yoga & relaxation. | Being present: Mindful qualities. Practice: Finger tracing. The Hoberman Sphere. | Practice: Loving-kindness meditation. Getting ready to lead a meditation session. | Course summary and action plan. |

## Recommended reading

Jennings, P. (2015). *Mindfulness for Teachers*. New York: W.W.Norton & Company.

Kabat-Zinn, J. (1990, 2013) *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York: Batam Books.

Please note you don't need to buy or bring those books to the course with you.

## Type of certification awarded

Attendance certificate detailing topics covered, course content and the number of training hours.

## Is this the right course for me?

Yes, if you want to have a practical understanding of educational mindfulness.

Yes, if you're interested in acquiring life-long skills that support your wellbeing in the classroom and beyond.

Yes, if you want to offer your colleagues and students practical, down-to-earth emotion regulation strategies that enhance mental health and promote learning.

Yes, if you'd like to practice your English language skills in a nurturing and creative environment.


### Contact

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