

An introduction to Mindfulness

Course Code: 1620/26/28

“Getting your head above the crowd.”

An introduction to Mindfulness

Suitable for: All staff that work with children, young people

What is Mindfulness?

“The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”

-Jon Kabat-Zinn (2003) “Wherever you Go, There you are”.

How can it help in schools?

- Reduces levels of stress, anxiety, fatigue and depression
- Improves emotional regulation and self-esteem
- Can increase level of trust between adult and child & make communication much easier.
- Develops emotional understanding & interpersonal awareness/skills
- Often we say “pay attention” but don’t teach children how to do this
- Less reactive and more compassionate to others
- Improved working memory

In this experiential afternoon course Nicki will cover:

- History, theory and uses of Mindfulness
- Mindful staff create mindful children this will help your pupils self regulate and manage their behaviour giving them resilience, enabling them to be in the present and lowering anxiety levels and improving their progress

When & Where

Course Code: 1620

Date: 15th November 2016

Time: 15.30 - 17.30

Holiday Inn, Abbots Lane,
Eight Ash Green

Course Code: 1626

Date: 31st January 2017

Time: 15.30 - 17.30

Holiday Inn, Abbots Lane,
Eight Ash Green

Course Code: 1628

Date: 7th February 2017

Time: 15.30 - 17.30

Angel Centre, Angel Lane,
Tonbridge

Course Code:

1620

1626

1628

Tutor:

Nicki Jennings

Date:

15.11.2016

31.01.2017

07.02.2017

Time:

15.30 - 17.30

Cost:

£25.00 pp

Venue:

15.11.2016

Holiday Inn

Abbots Lane

Eight Ash Green

31.01.2017

Holiday Inn

Abbots Lane

Eight Ash Green

07.02.2017

Angel Centre

Angel Lane

Tonbridge

Cost: £25.00 per person

For further details please contact:

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