

Mindfulness and wellbeing for teachers

Course Outline

- This course provides a holistic approach to well-being and mindfulness that teachers can apply in both their personal and professional lives. Through a combination of theory, practice, and reflection, teachers will develop practical strategies for reducing stress, building positive relationships, improving physical health, and creating a mindful classroom environment..

The aim of this course is to

- Equip teachers with a holistic understanding of well-being and mindfulness practices applicable to both personal and professional contexts.
- Provide theoretical knowledge and practical techniques for reducing stress and fostering positive relationships within and beyond the classroom.
- Foster awareness and implementation of strategies to improve physical health and well-being among educators.
- Cultivate a mindful classroom environment through reflection and the integration of mindfulness practices into teaching methodologies.

Activities

- Introduction to mindfulness and its benefits, followed by group discussion.
- Guided practice of basic mindfulness exercises like breath awareness.
- Interactive session on stress management techniques and self-care strategies.
- Group reflection to evaluate personal well-being and mindfulness practices.
- Workshop on mindful communication principles with active listening exercises.

Outcomes

- Increased understanding of mindfulness principles and their benefits for personal well-being.
- Improved ability to practice basic mindfulness exercises for stress management.
- Enhanced communication skills through active listening and mindful communication practices.
- Incorporation of mindful movement into daily routines for improved physical and mental health.

- Development of personalised plans for integrating mindfulness practices into teaching and classroom management strategies.

Requirements: min B1 language level