

Developing a Mindfull School

Managing stress, finding focus, choosing happiness



Presented by Graham Watts

Graham has led professional development in over 30 countries around the world, creating strategies for independent learning, skilful thinking, mindfulness and well-being. He has led an international children's well-being charity and has published globally.

£299 + VAT

Make sure you ask about additional delegate discounts

- 📌 Use research-based techniques for emotional regulation
- 📌 Equip students to successfully manage stress and anxiety
- 📌 Improve well-being: improve focus and learning outcomes
- 📌 Facilitate a positive, optimistic whole-school environment

New
Course

Mindfulness and positive psychology for modern life

- Understand the human brain, emotions and cognition
- Research in support of teaching mindfulness
- Case studies of integrating mindfulness into the curriculum
- Discover age-appropriate strategies to introduce mindfulness to children and young people
- Create compassionate and confident citizens of the classroom, school and global community

Instantly implementable mindfulness toolkit:

Techniques for mindful breathing

Strategies to help you:

- Find focus
- Be calm and relaxed
- Live in the moment
- Sleep better

How to teach gratitude and happiness

Exercises for exam preparation

"Graham was really knowledgeable – I really enjoyed the day. I feel I could take so much away from this course for use in the classroom."

Rachel Way, Course Delegate

"The day was very informative and to the point. Engaging! Graham was knowledgeable, personable and had realistic expectations. There was a good level of talk and discussion."

Laura Spargo, Course Delegate

Book Now

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☎ 0808 160 5 160 / 01790 753 987

📞 Call 01790 755 783 to run this course in your school

Delegates receive

- 📌 The latest pedagogies for mindfulness
- 📌 Toolkit of mindful strategies
- 📌 Interventions and initiative plans
- 📌 Online post-course support
- 📌 Delegate file including:
 - CPD certificate

