

# Mindfulness: The Educator's Guide

- If you want your pupils and staff to become mindful, this practical course shows you the way
- Toolkit for teaching Mindfulness
- Key implementation points in your school
- Know where and when you could develop Mindfulness
- Use Mindfulness to improve student and staff wellbeing

## Will Ord



Will is one of the UK's leading trainers in Mindfulness. He has 26 years' experience of working in and with schools in Advanced Mind Practice. Will is a highly inspiring and practical trainer.

### Mindfulness in practice

- Research into, and evidence of, impact
- Case studies and best practice
- Curriculum entry points

### How to train staff and pupils in Mindfulness

- Mindfulness and SMSC
- Experience Mindfulness training at first hand
- Unpick techniques to make everyone more mindful
- Theory into practice: what you need to know

### A toolkit for Mindfulness practice

- Practical Mindfulness techniques:
  - 6 Mind Anchors
  - 6 Mind Metaphors
  - Mindful Moving
  - Breathe Here & Now
- Language of Mindfulness
- Curriculum enrichment ideas

### How to measure the impact of Mindfulness

- Individual practice
- Impact on school ethos and results

To run this course in your school, call 01790 755783



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- Online post-course support
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