

What can school leaders be doing to improve embedding wellbeing in their schools?

What can teachers do to help support their own mental health and wellbeing?

WELLBEING WORKSHOP FOR SCHOOL STAFF

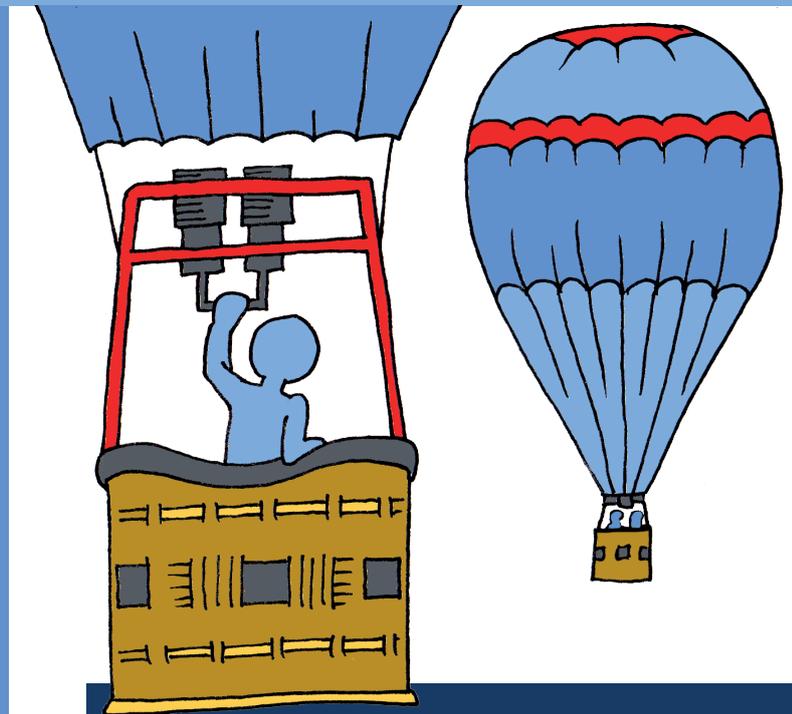
An informative and engaging one-day workshop that addresses the challenges of strengthening mental wellbeing for school staff and provides a mindfulness - based strategy to improve staff wellbeing within schools, both on an individual basis and as part of a whole-school approach.

Course Objectives:

- To acknowledge the causes of stress within schools.
- To explore the science of stress and how the mind works in stressful situations.
- To understand how mindfulness reduces stress and increases well-being.
- To learn practical tools for managing and reducing stress.
- To develop mindfulness-based strategies to improve and support well-being in schools.

Wellbeing workshops are suitable for:

- School management and leadership professionals
- Teachers from all types of school
- Support staff
- Those with responsibility for welfare, performance and impact



ONE-DAY COURSE £75 + VAT

11th Mar 2020

SOLIHULL SCHOOL,

793 Warwick Road, Solihull,
West Midlands, B91 3DJ

MiSP
MINDFULNESS IN SCHOOLS PROJECT

Mindfulness in Schools Project (MiSP) is the UK's most established provider of mindfulness training for schools, delivering world-leading curricula for classroom-based mindfulness. Our materials are based on rigorous research in clinical psychology and neuroscience, written by teachers for teachers, and used successfully in a wide range of educational contexts.

Over the past ten years we have established our reputation for providing the gold standard of mindfulness training and materials for schools. MiSP is well-respected for, and often asked to advise on, policy and research work in the UK and beyond in terms of mindfulness in education.

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