



Mindfulness **FOR TEACHERS**

A selection of courses to create more grounded, less stressed teaching staff.

Are you interested in learning about the practice and benefits of mindfulness for yourself and your pupils?

AWARE offers six-week and eight-week courses. These are taught over Zoom by our certified trainers.

➤ **Six-week 'Introduction to Mindfulness' course (2 hours per week)**

This course will introduce you to the meaning of mindfulness, how it can support you in everyday life and how you can use it in your role as a teacher or classroom assistant.

Each session will introduce a different practice and touch lightly on various aspects of mindfulness.

➤ **Eight-week mindfulness courses (2 hours per week)**

AWARE also offers further in-depth 8-week mindfulness courses that include a mindfulness retreat.

The 8-week courses are recognised as a pre-requisite for teacher training in Paws b, delivered by the Mindfulness in Schools Project (MISP).

For more information on available courses, please visit aware-ni.org/upcoming-mindfulness-courses or email Sharon@aware-ni.org



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE-NI.ORG    

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MINDFULNESS IN SCHOOLS PROJECT