



MINDFULNESS AND WELL BEING FOR TEACHERS

Course summary

This five-day 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.

Course requirements

Teachers attending this course must have a minimum level of **B1** (Intermediate or higher).

Lessons per week	20 Presentation + 10 Workshops
Minimum age	21+
Minimum Level	Intermediate (B1)
Lesson duration	Lessons and workshops = 90 minutes
Class size	Maximum 12
Course fee	1 week course - €400
PIC number	948862634
OID number	E10056610
Course location	Easy School of Languages, 21, St Ursula Street, Valletta.

DATES

24/06/2024 - 28/06/2024 (5 days)

29/07/2024 - 02/08/2024 (5 days)

COURSE CODE

TTWB 001-24

TTWB 002-24

MONDAY: INTRODUCTION TO MINDFULNESS AND WELL-BEING

09:00	Introduction to the concept of well-being and mindfulness. Understanding the benefits of mindfulness in improving physical and emotional health	11:00	Practice basic mindfulness exercises such as breath awareness. Discussion on stress management techniques through mindfulness and self-care	13:00	Reflection and journaling activity to assess your current level of well-being and mindfulness practices
10:30		12:30		14:30	

TUESDAY: MINDFUL COMMUNICATION AND RELATIONSHIPS

09:00	Understanding the power of communication in building positive relationships. Learning the principles of mindful communication	11:00	Practice communication exercises such as active listening and speaking from the heart. Discussion on the benefits of mindfulness in building trusting relationships and reducing conflicts	13:00	Reflection and journaling activity on cultivating mindful relationships in your personal and professional life
10:30		12:30		14:30	

WEDNESDAY: MINDFUL MOVEMENT AND EXERCISE

09:00	Introduction to the benefits of mindful movement and exercise on physical and mental well-being. Practice mindful exercises such as yoga, qigong or tai chi	11:00	Discussion on incorporating mindful movement into daily routine for stress reduction	13:00	Reflection and journaling activity to create a personal exercise routine that includes mindful movement
10:30		12:30		14:30	

THURSDAY: MINDFUL EATING AND NUTRITION

09:00	Understanding the impact of mindful eating on mental and physical health. Practice mindful eating exercises such as mindful eating, mindful snacking, and mindful grocery shopping	11:00	Discussion on mindful eating for stress reduction, weight management, and overall health	13:00	Reflection and journaling activity to create a personal mindful eating plan
10:30		12:30		14:30	

FRIDAY: MINDFUL TEACHING AND CLASSROOM MANAGEMENT

09:00	Introduction to the benefits of mindfulness practices in the classroom. Learning mindfulness practices to reduce stress and anxiety for both students and teachers	11:00	Practice mindfulness techniques to improve focus and attention in teaching. Discussion on creating a mindful classroom environment and addressing challenging behaviours with compassion and empathy	13:00	Reflection and journaling activity to create a personal plan for incorporating mindfulness practices in teaching and classroom management
10:30		12:30		14:30	

*Our reduced hours policy applies in the case of 3 or less course participants.



Certification awarded

- Certificate of attendance.
- A signed and stamped Europass will be given to the participant if previously and duly completed by the participant and signed by the head of the sending organisation.

Contact person

Kasia Parascandalo

E-mail

info@easysl.com

Phone

+356 2122 5505