



## **MINDFULNESS FOR TEACHERS**

### **FOUR HOUR ONLINE COURSE**

**From November 12<sup>th</sup> 2012**

- ✓ **RELAXATION AND WELLBEING FOR TEACHERS**
- ✓ **POSITIVE MENTAL, EMOTIONAL AND PHYSICAL HEALTH**
- ✓ **CALM AND CONTENTMENT IN THE CLASSROOM**
- ✓ **IMPROVED CONCENTRATION AND COMMUNICATION**

A course offering mindfulness for teachers that encourages work-life balance and a harmonious classroom. Designed and facilitated by Derval Dunford and Ann Caulfield, creators of the popular online and face to face summer courses entitled *Developing Mindfulness and Happiness in Primary School Children*.

- ✓ **VISUALISATIONS, VIDEO CLIPS, EXERCISES, DISCUSSION FORUM**
- ✓ **WHOLE SCHOOL OR INDIVIDUAL ENGAGEMENT**
- ✓ **CERTIFICATION ON COMPLETION – ENGAGEMENT TRACKED**

**Registration for the course will begin from November 1<sup>st</sup> 2012.**

**Cost €19.99**

**Payment and registration can be done by logging on to**

**[www.mayoeducationcentre.ie](http://www.mayoeducationcentre.ie)**

**094 9020700**

*“In my opinion this course is a must for all teachers from N.Q.T.’s to those on the cusp of retirement. If we don’t take care of our own needs adequately we tend to take care of the needs of those in our care inadequately”.*

**Peter McGreal**