

Improving Mental Health and Well-being at Work

The Compassionate Mindful Resilience Course



We are all too aware of the pressure employees have in all **educational roles**. Information overload, long working hours and increased external challenges takes its toll on even the most robust employees.

The Compassionate Mindful Resilience programme will teach participants how to build resilience through mindfulness techniques and apply compassion in creative ways. A blend of learning, through concepts and experiential practice will equip participants to better cope with day-to-day challenges, cultivate self-kindness and feelings of empowerment.

Who is this course designed for?

- Leadership roles
- Teachers
- Special Educational Needs and Disabilities (SEND) coordinators
- School nurses and counsellors
- Support staff

Participants will learn how to:

- ✓ Experience and practice mindfulness
- ✓ Cultivate emotional intelligence
- ✓ Develop resilience
- ✓ Understand their own patterns and behaviour
- ✓ Improve personal well-being
- ✓ Create their own mindfulness and well-being practice

How will participants learn?

- Online, or in person at your chosen setting
- Two hourly interactive workshops, held over 4 consecutive weeks
- Resource packs: available in electronic or printed formats
- Downloadable practices for ongoing support
- Live training from experienced teachers and facilitators

This course was written by MindfulnessUK and has been delivered successfully to employees and leaders in education. Facilitators of this course are fully accredited mindfulness teachers and have many years of experience working within teaching and leadership roles in schools.

Meet the facilitators



Rose White

Rose has over 10 years experience supporting schools, social care and healthcare workers and has been teaching mindfulness both in the UK and overseas for six years. She is a qualified mindfulness and compassion teacher and co-director of Mindful Educators CIC. Rose's sensitivity, empathy and compassionate desire to bring transformation to the mental health of all.



Debbie White

Debbie has been a mindfulness teacher for five years and has taught social care workers, teachers, managers and healthcare workers. She has worked in teaching roles, special educational needs and leadership for 20 years. Debbie has a clear, fun and empathetic teaching style. She is a MindfulnessUK associate tutor and a co-director of Mindful Educators CIC.

Please [click here](#) to learn more about the positive impact of this course.

To arrange a free consultation, please [click here](#) or contact us:

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“The course gives permission to acknowledge the difficulty of my role and the impact that can have outside of the office and tools on how to help look after myself, mentally and emotionally.”

—PFSA