

A Taste of Mindfulness for Teachers



This 6-hour workshop is designed to meet the specific needs of School Teachers and support staff. It presents an introduction to experiencing Mindfulness and Mindful Self-Care in the context of the education system. A launching point as such for Teachers to then decide if they wish to move on to learn ways of integrating Mindfulness into their curriculum, and / or gain a deeper understanding of embodying Mindfulness in their own lives for their own well-being.

Benefits from attending the workshop:

- Gain knowledge regarding the research and evidence of the benefits of mindfulness practices for enhancing well-being, decreasing anxiety and increasing clarity and work/life balance.
- Experience both formal and informal mindfulness practices.
- Learn workable ways of bringing mindfulness into every-day life and work.
- Great stepping stone for those considering taking part in further curriculum training in Mindfulness or an 8-week Mindful Self-Compassion or Mindfulness Based Stress Reduction program.

Program details:

- **Cost:** \$1,200 which includes CD and handouts for staff (extra cost if over 20 people attending)
- The 6-hours can be delivered in a one-day workshop or delivered in 60 or 90-minute sessions over a period of time.
- This is an experiential program involving exercises; contemplations, meditation and time spent in smaller and larger group discussions.

About the facilitators - Tina Gibson:

Tina Gibson brings her warmth, humour and heartfelt presence along with extensive experience as a Mindfulness Teacher and practitioner. Her passion is to bring greater ease, compassion and support to teachers and the wider school community via mindfulness. Tina has spent the last 2 years teaching mindfulness to primary age students and having these students teach her. Tina is a Certified Mindful Self-Compassion Teacher (MSC), regularly facilitating programs and workshops in MSC.

To register or enquire further: Tina Gibson: 0430-328-007

Email: tina@adelaidemindfulness.com

Web: www.adelaidemindfulness.com



Adelaide
mindfulness