

Introducing and Using Mindfulness

Training Details

Course Tagline	How to use mindfulness to reduce stress and anxiety and improve well-being, motivation and concentration,
Course Length	Half Day 2 hours
Course Outline/Description	This course will consider <ul style="list-style-type: none">• The theory of mindfulness• Mindfulness practice and exercise for personal use• How to introduce mindfulness to individuals• Using mindfulness in groups or classrooms
Target Audience	Teachers, TA's carers, social workers any professional working with children or who wants to use mindfulness for themselves and/or with children and young people.
Course Outcomes	By the end of the course delegates will understand the theory behind mindfulness and be able to practice some exercises themselves - they will also have some practical ideas of ways to use this with others.
Course Trainer	Sheila Mulvenney

Pricing - if arranged by Attuned Education

Cost per delegate	£40 payable via website www.attunededucation.com
Refreshments	Included in cost

Pricing if arranged by a school or other organisation

cost of training	£400 invoiced to course organiser
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