

# Cumbria's Training Events for School Based Staff and Governors

2019/20



## An Introduction to Mindfulness

### Course Outline:

Mindfulness is recognised as one of the most effective skills to improve mental and emotional wellbeing. Studies show that mindfulness training improves health, greater resilience to stress, increased concern for others and an improved ability to pay attention. Reportedly, the government will provide means to teach mindfulness in schools for children aged 8-12 by 2020.

In this course you will learn what mindfulness is and consider how it enables us to:

- Increase sensory awareness
- Give greater cognitive control
- Enhance regulation of emotions
- Accept transient thoughts and feelings
- Improve our capacity to regulate attention

Please bring a comfortable rug/yoga mat and cushion for floor work. Floor work is not compulsory and being seated on a chair is the alternative posture for some of the exercises.

### Target Audience:

Anyone in the school workforce who wishes to find out more about mindfulness, for their own personal use and to consider how it might benefit their school community

### Course Provider:

Ondy Willson – Wellseeing Consultancy

### Outcomes:

- To know what mindfulness is
- To be able to practise mindfulness meditation
- To improve awareness of thoughts and emotions in our everyday lives
- To reduce stress and promote wellbeing

### Dates and Time:

**Course A:** Tuesday 3 December 2019

**Course B:** Wednesday 4 December 2019

**Course C:** Wednesday 11 December 2019

All sessions will run from 4.30pm – 6.00pm

### Refreshments:

Please note that light refreshments will be provided at this course

### Venue:

**Course A:** Botcherby Community Centre, Victoria Road, Carlisle, CA1 2UE

**Course B:** Westmorland County Agricultural Society, Lane Farm, Crooklands, Milnthorpe, LA7 7NH

**Course C:** St Michael's Church, Falcon Place, Workington, CA14 2EZ

### Course Fee:

**All Schools:** £30.00

### Course Code:

TS 342 (A – C)

### Bespoke Training Option

This course can be offered as a bespoke training event for a single school/cluster.

Please contact the School Development Team who will be able to make the arrangements for you.

Tel: 01228 221312/221316 email: [schooldevelopment@cumbria.gov.uk](mailto:schooldevelopment@cumbria.gov.uk)

## The Mindful Approach to Education

### Course Outline:

Mindfulness is now widely recognised to be a therapeutic intervention and powerful tool to aid wellbeing. So how might it help us in the classroom? How can we offer practical ideas that teach children to manage stress and anxiety? In this session we will have the opportunity to practise and understand better how mindfulness works, *for ourselves*, and consider how it might benefit the children in our care. There will be an opportunity for discussion around the practices to consider implementation of simple techniques that will give children effective tools to increase:

- Self-awareness
- Emotion management
- Encourage empathy
- Improve social skills

Please bring a comfortable rug/yoga mat and cushion for floor work. Floor work is not compulsory and being seated on a chair is the alternative posture for some of the exercises.

### Target Audience:

Teachers and Teaching Assistants, preferably who have some experience of mindfulness

### Course Provider:

Ondy Willson – Wellseeing Consultancy

### Outcomes:

- To enhance our understanding of mindfulness
- To increase skills that develop self-awareness, emotional intelligence, motivation and empathy
- To take away simple techniques and ideas for implementation in the classroom

### Date and Time:

Thursday 19 March 2020, 9.30am – 12.30pm

### Refreshments:

Please note that light refreshments will be provided at this course

### Venue:

Penrith Rugby Football Club, Winters Park, Penrith, CA11 8RQ

### Course Fee:

**All Schools:** £50.00

### Course Code:

TS 343

### Bespoke Training Option

This course can be offered as a bespoke training event for a single school/cluster.

Please contact the School Development Team who will be able to make the arrangements for you.

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## The Mindful School

**Course Outline:**

The Mindfulness Conference for Education is now a national event. And with our current mental health crisis, the government are now looking at how we can help our children to reduce their stress, deal with anxiety and depression and promote their wellbeing. With youth happiness at an all-time low it seems the most essential learning tool for any child are skills on how to live! With this national awareness it is anticipated that government funding will be made available for controlled trials in 100 Primary Schools and 50 Secondary schools across the country by 2020. Find out what all the fuss is about and how you could introduce mindfulness to the whole school community.

Please bring a comfortable rug/yoga mat and cushion for floor work. Floor work is not compulsory and being seated on a chair is the alternative posture for some of the exercises.

**Target Audience:**

Headteachers  
Assistant Headteachers  
Teachers  
School Staff

**Course Provider:**

Ondy Willson – Wellseeing Consultancy

**Outcomes:**

- To know what mindfulness is and be able to practise it
- To consider how bringing mindfulness practice to your school would benefit everyone
- To consider taking back to your school a proposal for introducing mindfulness to the school workforce
- To become more knowledgeable about how mindfulness is now being used as an essential skill for life

**Date and Time:**

Tuesday 2 June 2020, 9.30am – 4.30pm

**Refreshments:**

Please note that light refreshments and lunch will be provided at this course

**Venue:**

Penrith Rugby Football Club, Winters Park, Penrith, CA11 8RQ

**Course Fee:**

**All Schools:** £120.00

**Course Code:**

TS 344

**Bespoke Training Option**

This course can be offered as a bespoke training event for a single school/cluster.

Please contact the School Development Team who will be able to make the arrangements for you.

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