



Program Description

Mindfulness is the ability to cultivate direct, open-hearted awareness to what is going on inside and around you in the present moment, without judging or getting carried away by the pressures of everyday life.

The objective of learning the practice of Mindfulness is to provide the necessary tools which you can gradually incorporate naturally into your everyday life, helping you to know yourself better, to live a fuller life, to increase creativity and concentration and to live with a more attentive attitude to your present life.

As teachers, Mindfulness is an outstanding tool to help your students cultivate being present: presence of mind, presence of heart, and presence in the body, qualities that we don't usually cultivate intentionally. Inner calm and mindfulness are needed in order to improve students' performance and, as teachers or professors, to be able to teach well.

Competences

The skills learnt by the participants during the course can be used to:

- Develop their pedagogical and communication skills.
- Process information better, improve students' attention and concentration, teach them to manage their emotions, reduce anxiety and fatigue, reinforce their self-esteem and social skills, boost empathy and improve their academic skills.
- Learn to process information with a calmer mind, do less multi-tasking so as to actually enjoy living the present moment with a more curious mind.
- Improve the perspectives and development opportunities of each student.

Methodology

The Methodology used in Mindfulness Practice Programs is a combination of theory and practical exercises; Guided Meditations and Conscious Movements as in Yoga. Material aids should be used: Guided Meditation Audios shared by the group, each participant will need to use a Yoga mat, a light blanket, chair, and should bring comfortable clothing for each session.

Results

By completing this course, participants will be able to:

- Teach students the qualities of observing and concentrating by focusing on their breathing or body or feelings or whatever is happening in the present moment so as to increase their concentration and reduce impulsive behavior.
- Explore with students new ways to deal with unpleasant feelings and thoughts. Through stories and meditations, the students get in touch with the power of patience and trust.
- Through developing and cultivating compassion, empathy and self-compassion students learn to be aware of unfriendly thoughts and behavior towards themselves and others and learn to practice kindness in their daily lives.
- Through the practice of Meditation and Yoga Exercises students and adults alike are cultivating the "Mind-Body" Connection and Awareness, striving for a more balanced emotional well-being.

Day by day Planning

Day 1: Introduction to Mindfulness

- 9:00–9:30 Welcome & Course Overview
- 9:30–10:30 What is Mindfulness? Benefits
- 10:30–11:00 Guided Body Scan Meditation
- 11:00–12:30 Cultivating Presence in the Classroom
- 12:30–14:00 Reflective Journaling & Q&A

Day 2: Mindfulness & Self-Awareness

- 9:00–9:30 Gentle Yoga & Breathwork
- 9:30–10:30 Noticing Thoughts & Emotions Without Judgment
- 10:30–11:00 Mindful Walking Exercise
- 11:00–12:30 The Power of Self-Compassion for Teachers
- 12:30–14:00 Reflection & Sharing Circle

Day 3: Mindful Breathing for Stress Reduction

- 9:00–9:30 Breathing Techniques for Calmness
- 9:30–10:30 How Stress Affects the Brain & Learning
- 10:30–11:00 Practice: 4-7-8 Breathing & Box Breathing
- 11:00–12:30 Managing Stress in the Classroom
- 12:30–14:00 Discussion & Application

Day 4: Mindfulness & Emotional Regulation

- 9:00–9:30 Loving-Kindness Meditation
- 9:30–10:30 Understanding & Managing Triggers
- 10:30–11:00 Expressive Arts for Emotional Awareness
- 11:00–12:30 Responding vs. Reacting to Challenges
- 12:30–14:00 Reflective Group Activity

Day 5: Mindful Communication & Active Listening

- 9:00–9:30 Silent Meditation
- 9:30–10:30 Listening with Full Attention & Nonverbal Cues
- 10:30–11:00 Pair Practice: Mindful Conversations
- 11:00–12:30 Creating a Compassionate Classroom Environment
- 12:30–14:00 Group Discussion & Case Studies

Day 6: Mindfulness in Teaching Practices

- 9:00–9:30 Breath Awareness Practice

9:30–10:30 Integrating Mindfulness into Lesson Plans

10:30–11:00 Mindful Storytelling & Reading

11:00–12:30 Classroom Mindfulness Activities

12:30–2:00 Hands-on Practice & Feedback

Day 7: Gratitude & Positive Psychology in Teaching

9:00–9:30 Gratitude Journaling

9:30–10:30 Science of Gratitude & Happiness in Education

10:30–11:00 Creating a Gratitude Practice

11:00–12:30 Positive Affirmations & Growth Mindset

12:30–14:00 Reflective Practice

Day 8: Mindful Movement & Embodiment

9:00–9:30 Gentle Stretching & Mindful Movement

9:30–10:30 The Role of Body Awareness in Teaching

10:30–11:00 Practicing Grounding Techniques

11:00–12:30 Using Movement to Regulate Energy in the Classroom

12:30–14:00 Group Sharing & Application

Day 9: Cultivating Resilience & Preventing Burnout

9:00–9:30 Resilience-Building Meditation

9:30–10:30 Understanding Burnout & Compassion Fatigue

10:30–11:00 Self-Care Planning Exercise

11:00–12:30 Work-Life Balance

12:30–14:00 Peer Support & Reflection

Day 10: Bringing Mindfulness into Everyday Teaching

9:00–9:30 Final Guided Meditation

9:30–10:30 Creating a Personal & Classroom Mindfulness Plan

10:30–11:00 Visualization Exercise for Future Practice

11:00–12:30 Sharing Commitments & Next Steps

12:30–14:00 Closing Ceremony & Certification