

**A great way to start 2020!**

# MINDFULNESS FOR TEACHERS

## WELLBEING WORKSHOP

### MINDFULNESS FOR TEACHERS INCLUDES:

#### 60-90 Minute Mindfulness Workshop

- Learn about nervous system health and why it's important for teachers and students
- Tangible tips and tools for calming your nervous system during the school day
- Practice mindfulness techniques in real time, during the session
- Take away mindfulness techniques, tools and activities to use with your students in the classroom - designed to promote better behaviour, productivity and learning outcomes for your students
- Option for ongoing gentle yoga, breathing or mediation sessions throughout the school year
- Q&A with our Mindfulness Expert (and former teacher)

Sandra Washington is a certified mindfulness teacher and former primary school teacher. Sandra provides practical strategies for bringing mindfulness into your life both inside and outside the classroom to support your own wellbeing and the wellbeing of the young people in your care.

**Includes nourishing snack and wellbeing toolkits**

**Cost \$900 + gst**

\*Costs based on up to 30 attendees. Talk to us about larger groups. Total workshop length is 90 minutes. Workshops delivered at your Auckland school. Our workshops embrace a culture of inclusion. Workshop available throughout 2020. For bookings email: [hello@wellbeingworkshop.co.nz](mailto:hello@wellbeingworkshop.co.nz)

