

MINDFULNESS NURTURING INNER PEACE AND PRESENCE

A transformative training program designed to equip educators with the tools and techniques needed to cultivate mindfulness in themselves and their classrooms. Through a series of interactive sessions, participants will explore mindfulness practices, including breath awareness, mindful listening, and compassion cultivation.

Description:

DAY 1

- Introduction to Mindfulness
- Understanding Mindfulness: Definition and Principles
- Benefits of Mindfulness for Teachers and Students
- Mindfulness Practices: Breath Awareness and Body Scan
- Cultivating Mindful Presence in Teaching: Techniques and Strategies
- Exploring Mindful Listening and Communication
- Group Discussion: Sharing Initial Experiences with Mindfulness

DAY 2

- Mindfulness in the Classroom
- Integrating Mindfulness into Daily Classroom Routines
- Mindful Classroom Management Techniques
- Mindful Transitions and Bell Exercises
- Mindful Teaching: Fostering Attention and Engagement
- Mindfulness Activities for Students: Mindful Movement and Sensory Awareness
- Practical Application: Designing Mindful Lesson Plans

DAY 3

- Self-care and Compassion
- Importance of Self-care for Teachers
- Mindful Self-Compassion Practices
- Setting Boundaries and Prioritizing Self-care
- Compassion in Teaching: Cultivating Empathy and Understanding
- Mindfulness for Stress Reduction and Resilience
- Group Reflection: Identifying Personalized Self-care Strategies

DAY 4

- Mindfulness for Student Well-being
- Supporting Student Well-being through Mindfulness
- Mindfulness-Based Stress Reduction (MBSR) Techniques for Students
- Mindfulness for Emotional Regulation and Conflict Resolution

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- Cultivating a Mindful Classroom Culture
- Teaching Mindfulness to Students: Strategies and Resources
- Case Studies: Implementing Mindfulness Programs in Schools

DAY 5

- Integration and Action Planning
- Reflection on Learning and Experiences
- Developing Action Plans: Integrating Mindfulness into Teaching Practice
- Setting Goals for Continued Mindfulness Practice and Professional Development
- Sharing Action Plans and Ideas for Implementation
- Peer Feedback and Support
- Closing Ceremony: Commitment to Mindful Teaching and Well-being

Learning Objectives:

- **Understanding of Mindfulness:** Participants will gain a deep understanding of mindfulness, its principles, and its benefits for both teachers and students.
- **Integration of Mindfulness in Teaching:** Participants will learn how to integrate mindfulness practices into daily classroom routines and teaching strategies to foster a mindful learning environment.
- **Enhanced Self-awareness and Self-care:** Participants will develop self-awareness and self-care practices through mindfulness, enabling them to manage stress, prioritize self-care, and cultivate compassion for themselves and others.
- **Improved Classroom Management:** Participants will acquire mindfulness-based classroom management techniques to create a positive and harmonious learning environment conducive to student well-being and engagement.
- **Empathy and Compassion Cultivation:** Participants will cultivate empathy and compassion towards themselves and their students, fostering stronger teacher-student relationships and a supportive classroom culture.
- **Stress Reduction and Resilience Building:** Participants will learn mindfulness-based stress reduction techniques and resilience-building practices to manage stress more effectively and bounce back from challenges with greater resilience.
- **Enhanced Student Well-being:** Participants will gain strategies for supporting student well-being through mindfulness, promoting emotional regulation, conflict resolution, and overall mental health.

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- **Action Planning for Integration:** Participants will develop action plans for integrating mindfulness into their teaching practice, setting goals for continued mindfulness practice and professional development.
- **Peer Support and Collaboration:** Participants will engage in peer feedback and collaboration, sharing ideas and strategies for implementing mindfulness in the classroom and supporting each other on their mindfulness journey.
- **Commitment to Mindful Teaching:** Participants will commit to practicing mindfulness regularly, fostering a culture of mindfulness and well-being in their classrooms and school communities.

Methodology & assessment

Methodology

Pedagogical Approaches: Teacher training courses typically employ various pedagogical approaches to model effective teaching practices. This may include lectures, interactive seminars, workshops, and hands-on teaching experiences.

Practical Teaching Experience: Practical teaching experience is a fundamental component of teacher training. Participants often have opportunities to observe experienced educators and engage in actual teaching in classrooms or educational settings. Feedback and guidance from mentors are essential during these experiences.

Collaborative Learning: Collaborative learning is often encouraged in teacher training courses. Participants may work in groups to develop teaching materials, lesson plans, and teaching strategies. Collaborative projects can promote the exchange of ideas and best practices.

Reflective Practice: Reflective practice is a crucial aspect of teacher training. Participants are encouraged to reflect on their teaching experiences, analyze their teaching methods, and consider how to improve their practice. Journals, written reflections, and discussions are common tools for fostering reflective practice.

Assessment

Written Assignments: Teacher training courses often include written assignments, such as research papers, case studies, or essays, on topics related to education and teaching methods.

Examinations: Some teacher training courses may include written examinations to assess participants' understanding of pedagogical theories, educational psychology, and other relevant subjects.

Professionalism and Communication: Assessment may also consider participants' professionalism, communication skills, and ability to collaborate with colleagues, parents, and students.

Feedback and Self-Assessment: Regular feedback from mentors and self-assessment are crucial components of teacher training assessment. Participants are encouraged to use feedback to improve their teaching skills

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Certification details

1. **Completion Certificate:** Upon successfully completing a teacher training course, you will typically receive a completion certificate or diploma from the training provider or institution. This certificate acknowledges your participation and successful completion of the training.
2. **Course Duration:** The duration of teacher training courses can vary widely. Some may be short-term workshops or seminars, while others may be more comprehensive and span several weeks or months. The certificate may indicate the total number of hours or credits completed.
3. **Content and Curriculum:** The certificate should outline the key topics, content, and skills covered during the training. This information helps future employers or educational institutions understand the scope of your training.
4. **Credits or Continuing Education Units (CEUs):** In some cases, teacher training courses may offer academic credits or Continuing Education Units (CEUs). These credits can be valuable for professional development and may be recognized by educational authorities or institutions.
5. **Language of Instruction:** If the teacher training course is conducted in a language other than your native language, the certificate may indicate your language proficiency level or the language in which the training was delivered.
6. **Evaluation and Assessment:** Teacher training courses often involve assessments or evaluations of your performance. The certificate may include information about your performance in the training, such as grades or evaluations.
7. **Recognition and Accreditation:** Ensure that the teacher training course and the institution providing it are recognized and accredited by relevant educational authorities or professional bodies. This can affect the credibility and transferability of your certificate.
8. **Pedagogical Practices:** If the training includes practical teaching experience or classroom observations, the certificate may highlight your proficiency in specific pedagogical practices or teaching methodologies.

Pricing, packages and other information

- **Price:** 400 Euro
- **Package contents:** Course

Additional information

- **Language:** English
- **Target audience ISCED:**
 - Primary education (ISCED 1)
 - Lower secondary education (ISCED 2)
 - Upper secondary education (ISCED 3)
- **Target audience type:**
 - Teacher, Careers Counsellor , Researcher
- **Learning time:** 25 hours or more

