

25/02/2021 16:00 - 17:30

Title: Mindfulness and Compassion Training for adults

Venue: Online Training using Zoom (ZL - A Link to join this session via Zoom will be emailed to booked participants)

Trainer: Carolyn Gelenter

SEND Training - Bi-Borough Training and Outreach Service

Mindfulness and Compassion Training for adults

TRAINING INFORMATION AND BOOKING LINK BELOW

(Please note this page is for promotion purposes only. Booking in this website is not available. To book, please follow the link below)

Outline

This is a four session course running from the 25th of February until the 18th of March.

Description

The course will explore the basics of mindfulness but so have a focus on understanding the importance of self-compassion. Using self-kindness and self-soothing techniques the participants will learn ways to support their own mental health and well being during this time of stress and isolation.

Outcome

I will know what mindfulness is

I will learn how mindfulness can support me to manage difficult emotions but also how to savour the moments of happiness and beauty

I will learn practices and techniques that will help develop the skills of self-compassion

I will understand the connection between self-compassion and compassion towards others

I will know ways to bring compassion into a mindfulness practice and to my daily life experiences.

Booking Information

To book, please follow this link:

<https://www.qe2cp.westminster.sch.uk/calendar/?calid=5&pid=186&viewid=45&event=1000>

Programme

25/02/2021 16:00 - 17:30

Title: Mindfulness and Compassion Training for adults

Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Code: SEND-0221-T001

Price per booking:
From £0.00 to £100.00

Sign up deadline: N/A