



Day 1: 16/06/2021 16:00 - 17:30

Title: Mindfulness and Compassion Session 1

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 - The Bi-Borough Inclusion Service

Mindfulness and Compassion

Outline

This is a 4 session course every Wednesday from 4:00 until 5:30pm from the 16th of June until the 7th of July inclusive, focusing on the intersection between mindfulness and compassion.

Description

While many teachers feel that mindfulness contains the elements of compassion, others believe that in making mindfulness devoid of a spiritual base, we have lost the compassion element. This 4 weekly course will teach the skills of mindfulness with a focus on practices of inner and outer compassion towards ourselves and others. This is particularly helpful during times when we feel we are not doing enough or when we really are doing so much for others and forget that we also have needs.

Outcome

The participants will
have an understanding of the practice of mindfulness
know how compassion can be nurtured in ourselves and for others
gain some understanding of the neuroscience behind mindfulness and compassion
have some practices to use during the weeks of the course and beyond

Booking Information

To book please visit:

<https://www.qe2cp.westminster.sch.uk/calendar/?calid=5&pid=186&viewid=45&event=1046>

Programme

Day 1 16/06/2021 16:00 - 17:30

Title: Mindfulness and Compassion Session 1

Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 2 23/06/2021 16:00 - 17:30

Title: Mindfulness and Compassion Session 2
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 3 30/06/2021 16:00 - 17:30

Title: Mindfulness and Compassion Session 3
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 4 07/07/2021 16:00 - 17:30

Title: Mindfulness and Compassion Session 4
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Code: SEND-0621-T001

Price per delegate:
From £0.00 to £100.00

Sign up deadline: N/A