



Day 1: 28/04/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction

Venue: Online Training using Microsoft Teams (MS - Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams

Trainer: Carolyn Gelenter

SEND Training - The Bi-Borough Inclusion Service

Mindfulness Based Stress Reduction

Outline

The Autism Advisory Teacher, Ziekelle Noakhes, and Speech Language & Communication Advisory Teacher, Carolyn Gelenter, are pleased to be able to offer a full Mindfulness Based Stress Reduction Course, supervised by Mindfulness UK. This amazing opportunity is free to attend for parents/carers and staff in schools and settings in the bi-borough or £250 for 8 weeks for all OoB or independent/private schools.

If you would like to learn more positive ways of managing stress and anxiety, start to think more optimistically and create kind and compassionate relationships, we would like to invite you to these 8 FREE sessions:

Starting on Thursday 28th April 2022, 3.30pm to 5.15pm running for 8 consecutive weeks with a break for the half term on 02/06/22.

Description

You will learn about relevant neuroscience that supports mindfulness practice as having positive benefits on our mental well being.

Experience a range of practices that you can choose to incorporate into your daily routine

Have opportunities to explore your ideas with others

Outcome

The training intends for you to develop the skills and strength to be able to:

calm your mind and reduce stress

boost your concentration and focus

improve your decision making

Booking Information

To book please visit:

<https://www.qe2cp.westminster.sch.uk/calendar/?calid=5&pid=186&viewid=45&event=1179>

Programme

Day 1 28/04/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 2 05/05/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 3 12/05/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 4 19/05/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 5 26/05/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 6 09/06/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 7 16/06/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Day 8 23/06/2022 15:30 - 17:15

Title: Mindfulness Based Stress Reduction
Venue: Online Training using Microsoft Teams (MS / Outlook Calendar invite will be sent to participants who have booked to attend), Online Training using Microsoft Teams,
Trainer: Carolyn Gelenter, SLCN Advisory Teacher

Code: SEND-0422-T002

Price per delegate:
From £0.00 to £250.00

Sign up deadline: N/A