



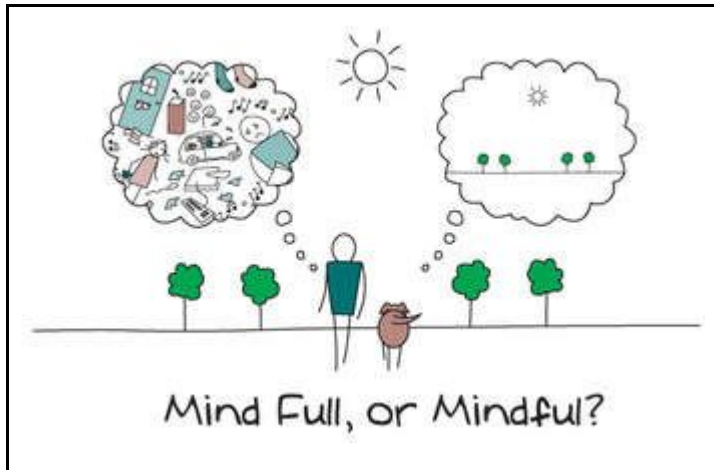
Warrumbungle National Park  
Environmental Education Centre



Education  
Public Schools

## Teacher Mindfulness & Wellbeing

28th & 29th March 2019 @ Pilliga Pottery,  
Coonabarabran



**Create your own reality:**  
**Bring out the best in yourself and others with mindfulness. Learn how to construct a wellbeing attitude towards your profession and life.**

**This course will involve guest speakers, environmental educators and the latest psychological research.**

**Teachers will be taught a series of wellbeing techniques, skills and tools to enhance their own wellbeing and to implement these with their students.**

**This course aims to encourage wellbeing and help teachers with difficulties and stress in their ever-changing school environments.**



**Cost \$350 per teacher**


**This will include all meals, accommodation and activities**

**Limited to 22 places**

**[Register Here](#)**

**Agenda: TBC**  
**Thursday 28<sup>th</sup> March**

**Friday 29<sup>th</sup> March**

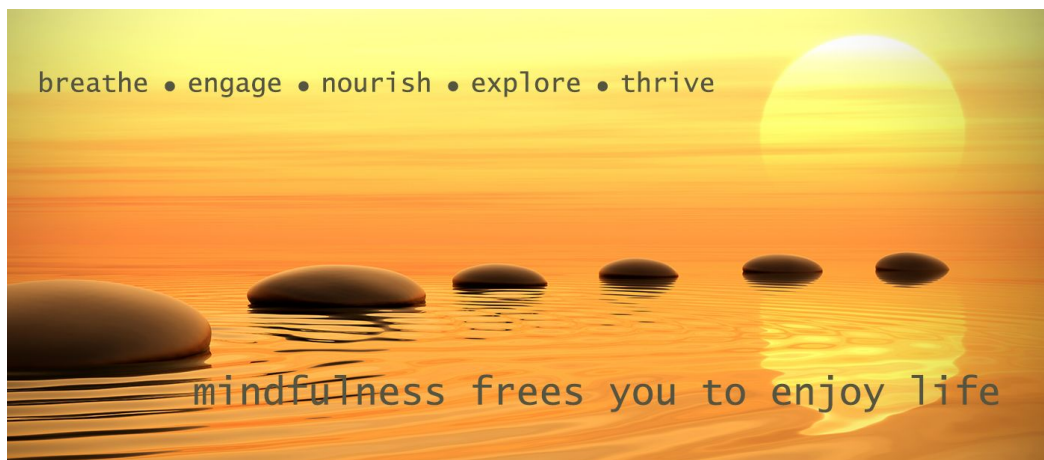
1030	Registration & morning Tea	700	Beginners Yoga
1100	Guest speaker	800	Breakfast
1200	Mindfulness/Bringing out the best in yourself and others	900	Benefits of nature - taking yourself and students outside
1330	Lunch	940	Pecha Kucha: sharing of techniques and experiences
1430	Benefits of yoga for students and classroom mindfulness activities	1000	Mindfulness techniques
1600	Afternoon tea	1100	Mindfulness program for children
1630	Pottery in the studio	1200	Lunch
1715	Free time Continue with the pottery, swimming, walking, relaxing, reading, time out, volleyball.	1300	Mindfulness Goal setting. Butterfly and Bee How are we going to spread mindfulness techniques what we have learnt here throughout the community?
1900	Dinner	1400	Drumming and Discussion, where do we go from here?
2000	Stargazing with some experts	1430	Close
2100	Sleep better with a short 20 minute meditation		

## **Suggestions on what to bring:**

- Water bottle
- Comfortable shoes for bushwalking
- Hat
- Sunscreen
- mat and cushion
- Swimwear
- warm clothes
- Insect repellent

## **Outcomes of the course:**

- Knowledge of what mindfulness is and how to incorporate it into our everyday lives and the classroom.
- Understanding others and how to bring out the best in your students
- Understanding skills and techniques that can be used to engage with colleagues in activities and discussions.



**It'll be the best Professional Development you'll ever do!**