

Becoming Mindful

Join guest speaker Anne Rodgers and spend a day learning the techniques and benefits of mindfulness for both yourself and the children you work with.

Mindfulness for you

with Anne Rodgers, Oasis Mindfulness

Practicing mindfulness at work has proven to decrease employee absenteeism, boost creativity and innovation, team building and leadership development, reduce stress and build resilience, build emotional intelligence and increase workplace performance and productivity.

Mindfulness with children

with Rose Tramontin, Gowrie SA

Learn underpinning knowledge about mindfulness practice to encourage reflection and thought about our current learning environments and their impact on children. Concepts introduced include mindfulness practice, tuning in to children, slowing down the pace of the day and current research on mindfulness.

You will learn:

- What mindfulness is, and how it is relevant and important to mental health and wellbeing
- Use of mindfulness to help de-clutter a busy mind
- Responsive skillful behaviour to stressful situations and stress triggers rather than reacting in an unskillful way
- How thinking and emotions affect your wellbeing and relationships with others
- Simple mindfulness practices and techniques to become calm under pressure and challenging situations.

You will come away from the day with:

- Practical techniques to integrate and cultivate mindfulness for yourself and others
- Strategies to support yourself when feeling overwhelmed or challenged.



Guest presenter Anne Rodgers has over 30 years of experience of supporting people to deal with the pressures of daily life through mindfulness based practices, meditation and yoga. Anne is also a facilitator with Mindfulness Works Australia, Smiling Mind and Mr Meditate and is a member of Meditation Association of Australia.

Tuesday, 19th March 2019

9.30am - 4.30pm | \$140p.p.

Gowrie SA, 43 Dew St, Thebarton

Register at:

<http://bit.ly/becoming-mindful>



Gowrie
South Australia