



MINDwithHEART

CONNECTED TEACHERS

A weekend workshop for educators on cultivating focus, calm, self-care & emotional health

Mind with Heart is an international education charity that equips staff and students with tools for sustainable well-being, emotional health and social connection. Schools that engage Mind with Heart are committed to the welfare, thriving and success of the whole school community.

Well-being starts in the staffroom. Participants in this workshop will be invited to explore tools for well-being, including mindfulness and compassion exercises for cultivating attention and emotional health.

Venue Internationale Friedenschule
Köln gemeinnützige GmbH
Neue Sandkaul 29
D-50859 Köln

Dates 8-10 March 2019
Fri 8, 18:00—21:00, taster
Sat 9/Sun 10, 9:00-17:00/16:00
The workshop will be held in English - translation is available on request

Fees Friday taster session €30
Full workshop, Fri-Sun €270

Contact werner.heidenreich@gmail.com

Register anmeldung@mindwithheart.org

Web mindwithheart.org

The training was excellent Deputy Head

Explorative, educational, empowering Head of Year

Amazing! The best training I have ever been on Teacher

Incredibly useful, refreshing and inspiring Teacher

Very clear, thought-provoking and insightful Ed Psych

CONNECTED

Tools for well-being
and emotional intelligence



The workshop will be held by Fiona Clarke, Mind with Heart's Chair of Trustees and director of curriculum development. Fiona has 15 years' experience in sharing well-being tools with children and teenagers. For the past five years she has also been training teachers in mindfulness, compassion and emotional health, and in delivering our well-being courses to young people.



MINDFUL NATION UK

Report by the Mindfulness All-Party
Parliamentary Group (MAPPG)

October 2015

Mind with Heart is cited by the Mindful Nation report as one of the main UK training organisations offering trainings to teach mindfulness to young people.