



Suitable for class teachers, therapists, learning mentors and staff providing social and emotional support.

## ‘Powerful Moments’

**Using Mindfulness approaches to manage anxiety, develop self-awareness and self-regulation, and to enhance Wellbeing**

Mindfulness is one of the most effective tools for managing anxiety and coping with trauma, so is an invaluable tool for working with our Pupils post Covid-19. Mindfulness is also a valuable tool for developing Wellbeing and for promoting positive Mental Health.

In this workshop we will explore our own behaviours and contributors to stress. Using creative activities participants will be introduced to the basic concepts of secular mindfulness and its benefits. We will learn a range of practical skills and be introduced to a mini program that we can use with pupils in a school setting.

Bridget Sheehan is the Director of eQe, the creator of the Th.Inc.Room approach and of the Transformative Play model. She is an experienced teacher, therapist, behaviour consultant and trainer and has worked in schools for over 20 years.

*“Today’s course was well structured, engaging, visual and with the right balance of theory and practice. A great selection of ideas to implement at school” School Pastoral Worker*

*“I thought I knew what mindfulness was, however, this course has really opened my eyes to what it means to be mindful.”TA Pastoral Support*

**Wednesday November 25<sup>th</sup> 2020**

**9.30-3.30**

The Loft, Hazel Grove Baptist Church, Station Street,  
Hazel Grove SK7 4EX.

Cost:£90+VAT(includes lunches)

**Email:bridget.sheehan@eQe-ltd.com  
07717805074**

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