

Improving Mental Health and Well-being at Work

The Compassionate Mindful Resilience Course

We are all too aware of the pressure employees have in all educational roles. Information overload, long working hours and increased external challenges takes its toll on even the most robust employees. The Compassionate Mindful Resilience programme will teach participants how to build resilience through mindfulness techniques and apply compassion in creative ways. A blend of learning, through concepts and experiential practice will equip participants to better cope with day-to-day challenges, cultivate self-kindness and feelings of empowerment.

Participants will learn how to:

- ✓ Experience and practice mindfulness
- ✓ Cultivate emotional intelligence
- ✓ Develop resilience
- ✓ Understand their own patterns and behaviour
- ✓ Improve personal well-being
- ✓ Create their own mindfulness and well-being practice

Meet the facilitators



Rose White



Debbie White

Face-to-face

X2 days = 9:00am - 1:30pm

Thursday 11th & Thursday 25th May 2023 - Isambard Kingdom Brunel, Wellington

Virtual dates:

X4 Fridays

Friday 28th April 2023 = 9:15am - 11:45am

Friday 5th, 12th & 19th May 2023 = 9:30am-11:45am

100%

Of employees recommend the CMR course



AN OVERALL 15% INCREASE IN EMPLOYEES FEELINGS OF SELF-WORTH

Booking details:

<https://www.supportservicesforeducation.co.uk/Services/3247>

Fully funded from Public Health

What our clients take-away from the course:

- 1 "I now know that self-kindness changes everything!"
- 2 "I have learnt practices for both staff and children."
- 3 "I have learnt how to be present in the moment!"
- 4 "I know how to practice mindfulness activities."
- 5 "I am more mindful everyday and I feel more grateful!"



Would you recommend the CMR to others?

100% of our customers said **YES!**



Email: officespts@fiveways.school



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