

The Compassionate Mindful Resilience Course



What are your colleagues in schools saying about it?

"I would absolutely recommend the CMR to anyone, it is life changing for yourself and others!"

"I would say - GO FOR IT! It really got me thinking about and looking at things in a different way!"

ADVANTAGES:

Learning new skills

Learning how to manage stress

You can share this with others

Enhance your wellbeing and brain fitness



ABOUT OUR COURSE PROVIDERS - MINDFUL EDUCATORS CIC

Mindful Educators are a team of wellbeing professionals focused on supporting staff wellbeing and building thriving work cultures. They offer a personable approach with quality and measured results. They deliver many courses including Compassionate Mindful Resilience Course. They've achieved outstanding results in the public sector so far with 100% positive feedback from our clients.

Visit www.mindfuleducators.co.uk to read more feedback about the CMR.

Through Public Health funding, we are pleased to offer the Compassionate Mindful Resilience programme.

This 8 hour introductory course teaches simple, effective, evidence based practices, skills and techniques to help manage stress, develop resilience and enhance wellbeing using mindfulness and compassion.

Details:

Thursday 11th January 2024 and Thursday 25th January 2024

09:00 - 13:30pm

Bradbury Training Centre at Fiveways School, Yeovil

To book:

<https://www.supportservicesforeducation.co.uk/Event/214632>



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