

Mindfulness Methodology

COURSE SUMMARY:

This course is designed to empower participants with invaluable tools and techniques for personal and professional growth. Through guided self-reflection and immersive exercises, attendees cultivate heightened self-awareness, enabling them to navigate life with clarity and purpose.

This comprehensive program covers the history, science, and practical application of mindfulness, providing a solid foundation for integrating it into daily life. Participants also explore mindful communication, self-compassion, and gratitude practices, fostering deeper connections and a more positive outlook.

This program leaves attendees equipped with a personalized mindfulness routine, enhanced emotional intelligence, ready to thrive in both their personal and professional endeavours."

TARGET GROUP(S):

- teachers - primary, secondary, vocational, university, adult
- students
- teacher trainers
- staff in education
- working age population (18-65) with the fear of public speaking

DATES:

- 12.02. – 16.02.2024.
- 18.03. – 22.03.2024.
- 15.04. – 19.04.2024.
- 13.05. – 17.05.2024.
- 24.06. – 28.06.2024.
- 01.07. – 05.07.2024.
- 29.07. – 02.08.2024.
- 02.09. – 06.09.2024.
- 30.09. – 04.10.2024.
- 21.10. – 25.10.2024.
- 11.11. – 15.11.2024.
- 25.11. – 29.11.2024.

PROGRAMME:

Day 1

- 09.00 – 10.30 | Presentation of the host institution and participants and their institution
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Ice-breaking activities, introduction to the course program
- 12.15 – 12.30 | Coffee break
- 12.30 – 14.00 | Assessing participants needs and goals
- 14.00 | Free afternoon

Day 2

- 09.00 – 10.30 | The history and science of mindfulness
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Mindfulness as a practice - definition and core principles of mindfulness
- 12.15 – 12.30 | Coffee break
- 12.30 – 14.00 | Cultivating present-moment awareness
- 14.00 | Free afternoon

Day 3

- 09.00 – 10.30 | Mindful communication
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Mindfulness in the workplace
- 12.15 – 12.30 | Coffee break

- 12.30 – 14.00 | Mindfulness and self-compassion
- 14.00 | Free afternoon

Day 4

- 09.00 – 10.30 | Developing your mindfulness routine
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Mindfulness and mindful movement
- 12.15 – 12.30 | Coffee break
- 12.30 – 14.00 | Mindfulness and gratitude
- 14.00 | Free afternoon

Day 5

- 09.00 – 10.30 | Emotional intelligence and mindfulness
- 10.30 – 10.45 | Coffee break
- 10.45 – 12.15 | Mindfulness and self-reflection
- 12.15 - 12.30 | Coffee break
- 12.30 - 14.00 | Cultivating empathy and gratitude
Closing and evaluation of the course
- 14.00 | Free afternoon