

# 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:**

- 13.01. - 17.01.2025.
- 17.02. - 21.02.2025.
- 17.03. - 21.03.2025.
- 07.04. - 11.04.2025.
- 05.05. - 09.05.2025.
- 23.06. - 27.06.2025.
- 28.07. - 01.08.2025.
- 15.09. - 19.09.2025.
- 27.10. - 31.10.2025.
- 10.11. - 14.11.2025.
- 24.11. - 28.11.2025.

**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