



Bring Smiling Mind into your school.

Students and teachers are more stressed than ever before.

Mindfulness helps build resilience, emotional intelligence and focus.

Smiling Mind believes that to make a huge impact we need to provide young people with the skills and presence of mind to cope with stress, relationship difficulties, anxiety and the pressures of a busy life through mindfulness meditation. This needs inspiring leadership from those educating them. The Smiling Mind educator workshop series teaches the necessary tools for self-awareness, compassion and resilience, so educators can create a better world for themselves and for their students. Join the movement!

Workshop 1:

This workshop focuses on understanding mindfulness and how it relates to you personally. We believe you have to be your own mindfulness master first before you can feel comfortable teaching it in the classroom. You'll also learn about the outcomes of the Smiling Mind Education Program Research Project, and how Smiling Mind works in the classroom. This is followed up by a mindful master 5 week online program.

The statistics speak for themselves:

- 1 in 5 Australians suffer from a mental illness in any one year
- 1 in 4 secondary students suffer from a mental illness
- 1 in 7 primary students suffer from a mental illness

Workshop 2:

The second workshop is interactive and allows teachers to explore the most effective ways of introducing the program. We show you the wide range of Smiling Mind resources available, and leave you confident to walk out the door ready to teach Smiling Mind in your classroom.

*These two workshops are 1 1/2 hours each and start at \$1650 per workshop.

75%

**of mental illness
has its onset
before age 24.**

Book now by emailing education@smilingmind.com.au

