



The Early Years Mindfulness Program 4-day Teacher Training – North Sydney



Putting the how into mindfulness training in education.

Mindfulness Matters Australia are proud to present a 4-day Teacher Training Course on The Early Years Mindfulness Program.

It is necessary to attend all 4 days in order to achieve the full qualification. If you have already completed the Introduction (level 1) and Intermediate (level 2) Mindfulness for Teachers Course, then it is possible to join the Early Years Mindfulness training program for Level 3 and Level 4.

At the end of the 4-day training you will have completed the first two levels of the Mindfulness Training for Teachers course, where you learn to develop your own mindfulness practice. This will qualify you to attend all the courses developed and delivered by Mindfulness Matters Australia which are based on the principles of Mindfulness Based Cognitive Therapy (MBCT).

You will also be trained to teach 4-6 year olds the Early Years Mindfulness Program which is based on the principles of MBCT and is linked directly to the NSW School Curriculum for 4-6 year olds.

Will I be eligible to train to teach mindfulness training to children?

Yes, if you complete the Teacher's mindfulness training course, attend the retreat (Level 4), keep a reflective diary and develop a personal mindfulness practice for at least 6 months.

At the end of this course, participants will be encouraged to use the mindfulness training:

- to feel happier, calmer, and more fulfilled
- to concentrate and learn better
- to help cope with stress and anxiety in your classrooms
- to teach the Early Years Mindfulness Program to 4- 6 year olds.

Completion of the Early Years Mindfulness Program

At the end of Day 4 you will receive a certificate of completion of the course and will be a verified Mindfulness specialist teacher. It will be essential to attend all 4 sessions for the whole of the training period. This training program allows you the opportunity to obtain qualifications, to develop your own personal mindfulness practice and to teach children in an educational setting. It does not provide the training for you to teach other teachers to develop their own mindfulness practice or for you to teach them to teach the Early Years Mindfulness Program to children.

* If you choose to attend Day 3 & Day 4 then you will need to indicate when you completed the Day 1 and Day 2 training days with Mindfulness Matters Australia - the date, course name and the trainer details. It will be possible to fill this in during the registration process.

Contact Us

[To Register Click Here >>](#)

Jean Watson BSc, MSc, Dip.Ed, MSt in MBCT(Oxon).

Founding Director of Mindfulness Australia Pty Ltd

Partner with Mindfulness in Schools Project in Australia and New Zealand

Phone: 0400 501 509 (26th August - 1st October) 011447595549755 (15th June - 24th August)

Email: info@mindfulnessaustralia.net.au

www.mindfulnessaustralia.net.au

mindfulness matters Australia

T: 0400 501 509

E: info@mindfulnessaustralia.net.au

W: www.mindfulnessaustralia.net.au

ABN: 70603186009





mindfulness matters australia

Costs - Dates

Dates:

Introductory Course (level 1)	28th August 2016
Intermediate Course (level 2)	10th September 2016
Early Years Mindfulness Program (1) (level 3)	11th September 2016
Early Years Mindfulness Program (2) (level 4)	11th February 2017

Venue:

Wenona School, 176 Walker Street, North Sydney, NSW

Time: 9.00am - 4.30 pm

[To Register Click Here >>](#)

You can choose to attend either:

- **The Early Years Mindfulness Program 4 DAY Teacher Training: Levels 1-4**

Early Bird: \$1,195.00 until 11th July 2016. Full price: \$1,360.00

- **Early Years Mindfulness Program 2 DAY Teacher Training: Level 1 & 2**

Early Bird: \$ 599.00 until 11th July 2016. Full price: \$665.00

- **Early Years Mindfulness Program 2 DAY Teacher Training: Level 3 & 4**

Early Bird: \$635.00 until 11th July 2016. Full price: \$695.00

Course Structure

The Early Years Mindfulness Program 4 DAY Teacher Training: Levels 1 - 4

This is based on the core mindfulness principles of Mindfulness Based Cognitive Therapy (MBCT). The Teacher's Mindfulness Course - Introduction (level 1) and Intermediate (level 2) provides the opportunity to learn about mindfulness and to learn how to develop a daily personal mindfulness practice that is of value for your professional and daily life. Once you have established your own mindfulness daily practice, you will then have the prerequisites to train to teach mindfulness to children.

Dates:

Introductory Course (level 1)	28th August 2016
Intermediate Course (level 2)	10th September 2016
Early Years Mindfulness Program 1(level 3)	- 11th September 2016
Early Years Mindfulness Program 2 (level 4)	- 11th February 2017

[To Register Click Here >>](#)

Early Years Mindfulness Program 2 DAY Teacher Training: Level 1 & 2

Level 1: The introduction course is for beginners and those who would like to refresh their mindfulness practice. There are no prerequisites. It provides a basic understanding of mindfulness with the chance to develop some of the key mindfulness practices that can be used in daily life. The course fee includes the textbook.

Level 2: The Intermediate course follows on from the Introduction course and provides further understanding of mindfulness training with the chance to develop some more of the key mindfulness practices that can be used in daily life, particularly the skills related to coping with difficulties and mindful communication. The completion of the introduction and intermediate courses can lead to Professional qualifications that can be used for further mindfulness training courses, such as those offered by Mindfulness Matters Australia.

Dates:

Introductory Course (level 1)	28th August 2016
Intermediate Course (level 2)	10th September 2016

[To Register Click Here >>](#)

Early Years Mindfulness Program 2 DAY Teacher Training: Level 3 & 4

The Early Years Mindfulness program (EYMP) has been written by an MBCT specialist mindfulness trainer and two primary teachers with more than 25 years of teaching 4-6 year olds between them. The pilot phase has been undertaken at Broulee Public School in NSW. EYMP teaches 4-6 year olds the principles of MBCT in an approach that is suitable for their age group. The EYMP is linked directly to the NSW School curriculum for 4-6 year olds in such a way that it can be easily integrated into the school curriculum at this level.

The course fee includes the workbook and all materials needed to teach the course to 4-6 year olds.

Level 3 During the day, you will be able to experience most of the 9 lessons, in real time. There will be a chance to discuss the classroom management issues and to practice guiding the mindfulness sessions in pairs. The links with the NSW School Curriculum will be discussed and made clear. After this training day you will be able to spend time developing your own daily mindfulness practice alongside developing the mindfulness practices with the children, within your classroom.

In order to complete the mindfulness training course it will be essential to complete a reflective diary of your personal practice and how the program is developing in your classroom during the weeks between Day 3 and Day 4. This will form the basis of discussion on Day 4.

Level 4 This will include the opportunity to take part in longer practices and extended periods of silence in a retreat style setting. There will also be the chance to discuss and share good classroom practice and reflections based on the work done between levels 3 & 4.

Dates:

Early Years Mindfulness Program 1 (level 3)	11th September 2016
Early Years Mindfulness Program 2 (level 4)	11th February 2017

[To Register Click Here >>](#)

Presenters

Jean Watson BSc, MSc, Dip.Ed, MSt in MBCT(Oxon).

Jean is a qualified and internationally trained and accredited mindfulness teacher and secondary school teacher, who has taught mindfulness courses to hundreds of teachers in Australia. Jean is managing the introduction of all the Mindfulness in Schools Project courses (<http://mindfulnessinschools.org/>) into Australia, and is developing Mindfulness training courses, based on the same principles, with direct links to the NSW school curriculum. She is co-author of the the Early Years Mindfulness Program for 4-6 year olds. Jean works with school leaders and classroom teachers as a Mindfulness training consultant to help them develop a whole school approach to the introduction of Mindfulness training into the curriculum. Jean's approach has been successfully implemented at Broulee Public School and Hopetown Special School on the Central coast of NSW.

Nerida Bourke Teach Ed

Nerida is a qualified mindfulness teacher and co-writer of the Early Years Mindfulness Program for 4-6 year olds. Nerida has over 30 years experience working in N.S.W public schools as a classroom teacher and as an itinerant teacher for children with disabilities in mainstream classes. Nerida is one of the first teachers in Australia to introduce Teach .b to children in Years 5 & 6, running her first group in 2015, after training to teach the Teach.b program with the Mindfulness in Schools Project (MiSP), in Sydney. Currently, Nerida is teaching the 10 week Teach .b Mindfulness program across all senior classes at Broulee PS, as well as piloting the Early Years Mindfulness Program. Nerida completed the .b Foundations Mindfulness teacher training course in 2015 and continues to develop and maintain her own daily Mindfulness practices.

Clare Dunn BA Hons, DipEd

Clare is a qualified mindful teacher at Broulee PS, who specialises in teaching 4-6 year olds. She has over 20 years teaching Kindergarten through to Year 6 students in Public Schools. Clare has also worked as a District Learning Support teacher for the Illawarra region. Her experiences include working with young children in Child Care Centres, working for the Playgroup Association of Tasmania and teaching Child Care Certificate studies at a Technical and Further Education (TAFE) college as well as teaching pre-school students. Clare has co-written and developed the Early Years mindfulness program and is currently piloting this program with 4-6-year-old students. Her area of expertise is in integrating the principles of the Mindfulness training programs with the focus objectives of the NSW school curriculum.

For full biographies on Presenters please visit www.mindfulnessaustralia.net.au

[To Register Click Here >>](#)

Testimonials

"Broulee Primary School's Mindfulness Program, organised and developed by our mindfulness consultant: Jean Watson, was selected by the Department of Education in 2015 as a case study to promote resilience and positive mental health under the "Well Being Framework". The school's program was also cited by the Department of Health (Mental Health) as a wonderful example of a resilience program". Sue Lowe, Principal of Broulee Public School, Far South Coast of NSW

"Fantastic to see this focus in education for both the wellbeing of teachers and students" *Janine, Far South Coast of NSW*

"Jean Watson gave me the suggestion more than a year ago about Mindfulness - back then my ears were closed. But I owe her a deep heartfelt gratitude for her gentle reminders as it has been the most profound experience for me ever. Thank you so very much" *Jane, Sydney*

"Jean has presented a thoroughly enjoyable and practical course which is a fantastic foundation for developing a mindfulness practice in my personal and professional life". *Meggs, Far South Coast of NSW*

"Really impressive. Well structured, logical and coherent. The materials are outstanding." *Ross, Sydney*

"Very helpful. Good mix of instruction and practice". *Tania, Far South Coast of NSW*

mindfulness matters Australia

T: 0400 501 509

E: info@mindfulnessaustralia.net.au

W: www.mindfulnessaustralia.net.au

ABN: 70603186009

