

Wellbeing and Mindfulness for Educators and Learners

Duration: 5 Days

Language: en

Course Code: IND08-120

Objective

By the end of this course, participants will be able to:

- Understand the concepts of wellbeing, stress management, and mindfulness in educational contexts.
- Recognize signs of stress and burnout in themselves and learners.
- Practice mindfulness techniques to improve focus, calm, and emotional regulation.

- Create classroom environments that promote psychological safety and positivity.
- Teach students practical strategies for managing stress and enhancing mental wellbeing.
- Build routines and habits that sustain mental and emotional health over time.

Audience

This course is ideal for:

- Teachers, lecturers, and school staff at all levels.
- Education leaders and administrators.
- Counsellors, mentors, and wellbeing coordinators.
- Trainers and facilitators in any learning environment.
- Anyone who supports learners and wishes to foster a balanced, mindful approach to education.

Training Methodology

The course blends short lectures, guided mindfulness practices, group discussions, reflective exercises, and hands-on activities. Participants will practice techniques themselves and develop plans to bring these approaches into their classrooms or teams.

Summary

Education is not just about academic achievement — it's also about fostering emotional balance, mental health, and personal growth for both teachers and students. In today's fast-paced, high-pressure world, wellbeing and mindfulness are vital to creating a healthy, supportive learning environment where everyone can thrive.

This course empowers educators to care for their own wellbeing, integrate mindfulness practices into their lives and teaching, and support learners in building resilience, focus, and emotional awareness.

Course Content & Outline

Section 1: Understanding Wellbeing in Education

- What is wellbeing and why it matters for educators and learners.
- The impact of stress and mental health on teaching and learning outcomes.
- Common challenges to wellbeing in schools and learning environments.
- Activity: Reflect on your own wellbeing and identify areas of focus.

Section 2: Foundations of Mindfulness

- What is mindfulness? Myths and realities.
- The benefits of mindfulness for focus, emotional regulation, and resilience.
- Simple mindfulness practices for daily life.
- Activity: Guided mindfulness meditation and reflection.

Section 3: Mindfulness and Self-Care for Educators

- Managing stress and preventing burnout.
- Setting boundaries and maintaining work-life balance.
- Building personal self-care routines.
- Activity: Create a personal self-care and mindfulness plan.

Section 4: Supporting Learners' Wellbeing and Mindfulness

- Creating a safe, supportive, and inclusive classroom environment.
- Teaching mindfulness practices to students of different ages.
- Helping learners develop resilience, empathy, and self-awareness.

Section 5: Sustaining Wellbeing and Mindfulness Practices

- Embedding wellbeing into the culture of schools and organisations.
- Encouraging peer support and collaborative wellbeing initiatives.
- Overcoming obstacles to maintaining regular practice.
- Final activity: Develop a wellbeing and mindfulness action plan for your own context.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by The CPD Certification Service (CPD), and are certified under ISO 9001 and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

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Tags

Education, Wellbeing, Mindfulness

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