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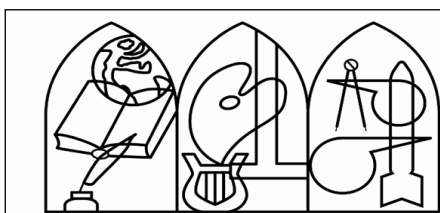
Mindfulness, Compassion and Resilience with Mindfulness Matters for Teachers & SNAs

These two evenings focus on staff care. They highlight aspects of compassion and resilience that enable positive mental, emotional and physical health. Using simple techniques, facilitators Ann and Derval choose themes from the Mindfulness Matters Level 2 programme to encourage teacher wellbeing and mindful teaching.

Teachers /SNAs to attend both evenings

BOOKING ESSENTIAL
Register online at www.ecsligocourses.com

DATE: Thurs 15th & 22nd November
TIME: 7.00pm
Facilitator: Dr Ann Caulfield & Derval Dunford



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