



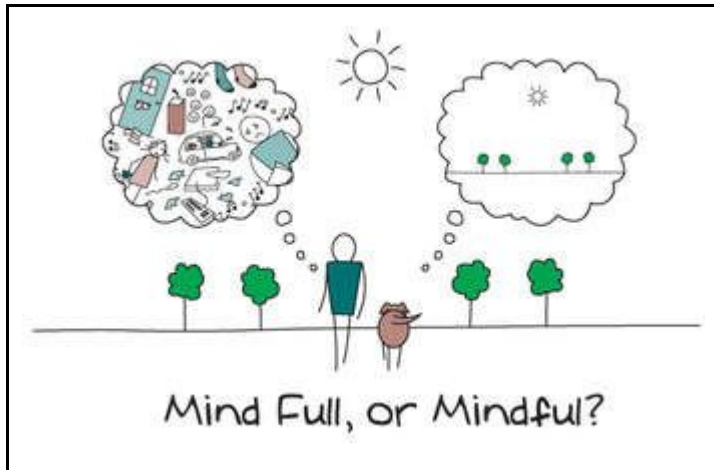
Warrumbungle National Park  
Environmental Education Centre



Education  
Public Schools

## Teacher Mindfulness & Wellbeing

30th & 31st March 2020 @ Pilliga Pottery,  
Coonabarabran



**Create your own reality:**  
**Bring out the best in yourself and others with mindfulness. Learn how to construct a wellbeing attitude towards your profession and life.**

**This course will involve guest speakers, environmental educators and the latest psychological research.**

**Teachers will be taught a series of wellbeing techniques, skills and tools to enhance their own wellbeing and to implement these with their students.**

**This course aims to encourage wellbeing and help teachers with difficulties and stress in their ever-changing school environments.**



**Cost \$350 per teacher**

This will include all meals, accommodation and activities

Limited to 28 places


Google form [Register Here](#)

+ NESAs 11.5 Hrs accredited - [Register Here](#)

**Agenda:  
Monday 30th March**

**Tuesday 31st March**

1030	Registration & morning Tea Welcome to Country and Intro	600	Yoga
1100	Guest speaker - Inspector David Maher, NSW Police Force,	715	Breakfast/ pack up
1145	Mindfulness Charades - Group Activity	800	Bushwalk to Maria's lookout and Pecha Kucha: sharing of techniques and experiences - 3 min per teacher presenter
1215	Mindfulness & Wellbeing for Boys - Farrer M.A.H.S.	1045	Morning tea
1300	Lunch	1115	Empowering You - Juanita Meier Being the best version of yourself
1400	BAM: Beat as meditation - Narelle Pfeiffer (WNPEEC)	1200	Lunch
1430	Simple Mindfulness: Walking and Breathing Anthea Waldersee and Shelly Gale Specialist Support Services	1240	Butterfly and Bee How are we going to spread mindfulness techniques? what we have learnt here throughout the community?
1515	Chris Purchase: on the Labyrinth Learning and Support Teacher Barraba Central High School	1340	Discussion, where do we go from here? How to implement something new and report on its benefits?
1600	Afternoon tea	1400	Close

1630	Pottery in the studio -	
1715	Free time - walking, relaxing, swimming, volleyball, reading, time out.....	
1830	Dinner	
1930	A speck of dust in the Universe Donna Burton (Optional) Night Walk (Optional)	
2100	Sleep better with a short 10 minute meditation - yoga nidra (optional)	

### **Suggestions on what to bring:**

- Water bottle
- Comfortable shoes for bushwalking
- Hat
- Sunscreen
- Mat and cushion
- Swimwear
- Warm clothes
- Insect repellent

### **Outcomes of the course:**

- Knowledge of what mindfulness is and how to incorporate it into our everyday lives and the classroom.
- Understanding others and how to bring out the best in your students
- Understanding skills and techniques that can be used to engage with colleagues in activities and discussions.