



*They may forget
what you said but
they will never
forget how you
made them feel*
-Anonymous

MindWell-education.com

Mindfulness Based Wellbeing for Flourishing Schools

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**Links and Resources to accompany the MindWell sessions
with Kevin Hawkins and Amy Burke,
ECIS PE Conference
Vienna 2017
“Move, Learn, Live”**

[Mindfulness in Schools Project](#) for research on mindfulness in education, information about .b and Paws b curricula and training and the 8 week .b Foundations courses for teachers.

NOTE: MindWell will be hosting a [.b teacher training in Prague in October 2017](#). Pre-requisites for this training are listed [here](#).

[Click here](#) to watch Amy Burke’s TEDx Talk – *Mindfulness in Education: Learning from the Inside Out*.

[Click here](#) to watch Kelly McGonigal’s TED Talk – *How to Make Stress Your Friend*.

[Phil Jackson video](#) interview about mindfulness in coaching.

[Smiling Mind app](#).

[Mindful Teacher, Mindful School: Improving wellbeing in teaching and learning](#),
by Kevin Hawkins (SAGE Publishing, UK June 2017)

Training in Being Mindful: MBSR/MBCT Courses

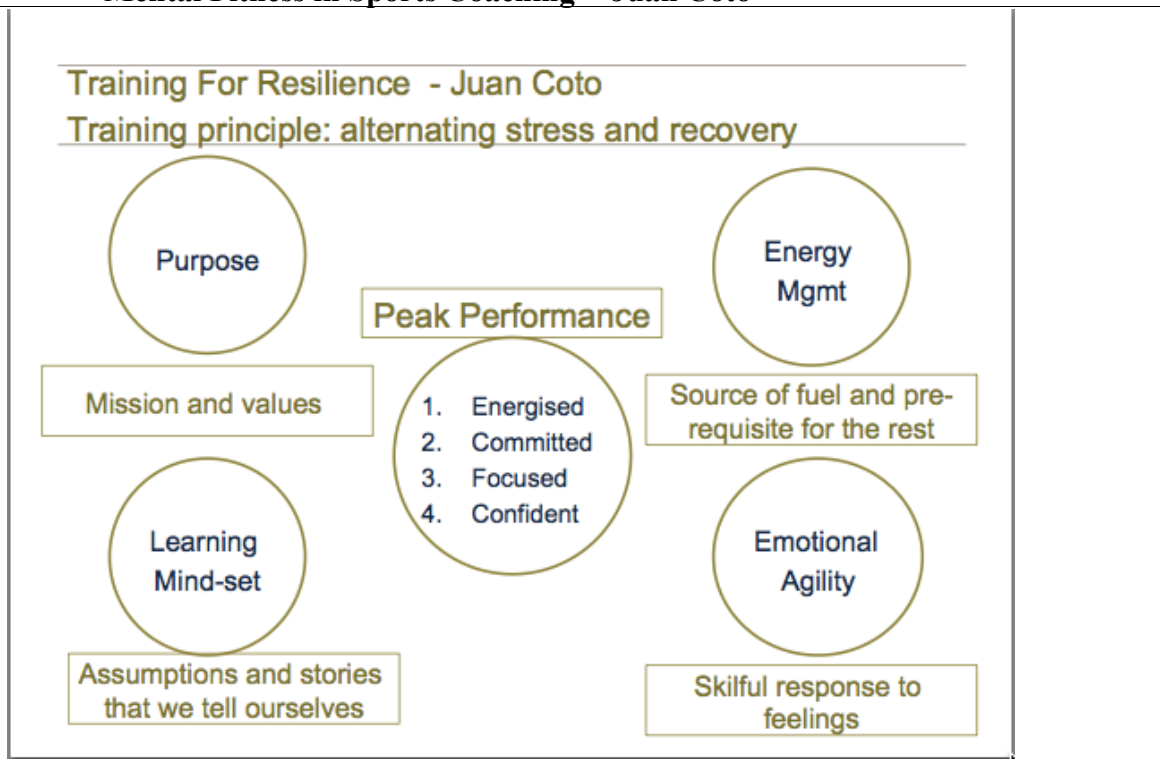
**** Note: it is highly recommended to take a Mindfulness-Based Stress Reduction (MBSR) or Mindfulness-Based Cognitive Therapy (MBCT) course in person if possible. Search for teachers or centres in your area with a simple Google search. Online courses are suggested for those who do not have access to local courses.*

[University of Massachusetts Medical Centre](#) is a highly recommended 8-week video course that is offered through UMass where MBSR courses originated

[E-mindul](#) offers online MBSR and MBCT courses. Note: they are on Eastern Standard Time, US.

[Breathworks](#) offers online Introduction to Mindfulness. Note: They are based in the UK.

Mental Fitness in Sports Coaching - Juan Coto



Books

[*The Social Neuroscience of Education*](#) by Louis Cozolino

[Focus](#) Daniel Goleman,

[*Mindfulness: Finding Peace in a Frantic World*](#) by Mark Williams. Use this book as a basis for a staff book club or for personal practice.

[*Teach, Breathe, Learn*](#) by Meena Srinivasan on how to bring mindfulness and SEL into your classroom

[*The Way of Mindful Education: Cultivating Well-being in Teachers and Students*](#) by Daniel Rechtschaffen

[*Triple Focus: A New Approach to Education*](#) by Daniel Goleman and Peter Senge

Mindfulness Resources

[Mark Williams guided practices](#) - great 13-minute Body Scan.

[Insight Timer](#) is a software app for your phone/laptop/tablet that provides a timer and bell tones for a sitting practice. It also provides some good guided practices.

[Headspace](#) is a website that provides guided meditations. Sign up for Take 10 for free trial.