

FREE Mindfulness Course for Parents & Carers

Introducing mindfulness in 6 online sessions

Open to **ALL Parents & Carers of BEST students**, this course provides
a taste of mindfulness, exploring key themes and practices
to support you in your everyday life:

- ♥ Improve your sense of wellbeing • cultivate calm and self-compassion
- ☁ Reduce stress and anxiety • learn to manage thoughts and emotions skilfully
- ☀ Be more present and effective • live life more intentionally, less reactively

Choose your preferred time:

Wednesdays 12.15-1.30pm or 6.30-7.45pm

Taster session: February 26th (all welcome to try, no obligation)

5 Course sessions: March 5th • 12th • 19th • 26th • April 2nd

REGISTER HERE

email BEST Mindfulness Coach Will George
wgeorge@bestacademies.org.uk

Places are limited and offered on a first come, first served basis.



Watch the new BEST mindfulness **VIDEO**:
bestacademies.org.uk/mindfulness



Mindfulness Courses for Parents & Carers of the BEST Community

As part of BEST's mission to grow mindfulness and its impact across the school community we are extending our offer to provide **free training for the parents and carers** of our students.

Over 150 staff and 1500 students have undertaken mindfulness courses or lessons since 2021. We believe that happy teachers teach better and happy learners learn better.

Now we are inviting parents and carers to train in mindfulness and discover practices and principles to support themselves and their children with an online course led by BEST Mindfulness Coach Will George.

"Mindfulness and Compassion are at the heart of everything we do at BEST"

Dr. Alan Lee, CEO Bedfordshire Schools Trust

Taster session

You are invited to attend an online introductory session on **Wednesday 26th February** to learn about mindfulness and the opportunity to enrol on a 5-session course which starts the following week. Attending the taster session does not commit you to enrolling on the course and if you are unable to attend the taster you may still join the course sessions.

About the Course

The five weekly course sessions of 75 mins (starting on Wednesday 5th March) **introduce the basics of mindfulness practice**, supporting participants to develop the habit of mindfulness meditation and everyday mindful awareness for improving wellbeing and resilience.

Discover how mindfulness unlocks your capacity for self-awareness - enabling you to manage your mind skilfully, **be present** and focused, **manage stress and anxiety** and increase **wellbeing** and **compassion** for yourself and others. We explore the application of mindfulness to daily life and how it supports us to navigate challenges at work or at home.

We will also link the key themes and practices to the classroom mindfulness curricula that children are learning in school so that, as parents and carers, you can **support your child's practice** at home.

Participants will be encouraged to engage with regular '**home practice**' of 10-15 mins between weekly sessions (supported by online audio resources) - daily guided mindfulness meditation and/or simple exercises for cultivating mindful awareness and training the mind.

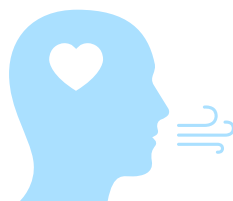
Course Schedule

Weekly online sessions are 75 minutes (via Zoom) every Wednesday after half-term. We are offering two times to choose from:

12.15pm - 1.30pm (the lunchtime course)
or
6.30pm - 7.45pm (the evening course).

Taster session: February 26th
(You may attend the taster with no obligation to attend further sessions)

Course sessions 1- 5: March 5th • 12th • 19th • 26th • April 2nd
(Those enrolling for course sessions are expected to commit to all 5)



Register

Please book your place by emailing Will George, at [**wgeorge@bestacademies.org.uk**](mailto:wgeorge@bestacademies.org.uk)
Any questions are welcome.

If you are unable to attend this time but wish to register your interest in future courses, please do email to join the waiting list and receive updates.

Note: Places are limited and will be offered on a first come, first served basis. No prior experience is necessary and your child does not need to have learned mindfulness at their school for you to enrol.

Course teacher

Will George has been teaching mindfulness in education for over 10 years - to staff, leaders and students of all ages - and joined BEST as Mindfulness Coach in 2021.

You can follow Will on X at @BESTMindful or email him with any questions.



Watch our mindfulness video and visit our webpage

We were very proud to launch a short video this year showcasing our mindfulness journey and capturing the experiences of staff and students.

Please watch '**Mindfulness at BEST: A Growing Legacy**' and visit our new mindfulness webpage to learn more: bestacademies.org.uk/mindfulness



Click on image to play video