



Rachel Dean Williams

Trained mindfulness teacher for children and adults

## Mindfulness and Resilience training for schools.

The need to teach healthy coping strategies in education has never been more urgent. Mindfulness and resilience training equips both pupils and staff with a toolkit of strategies to create well-being and good mental health and in the longer term can support schools in implementing the Health and Wellbeing AoLE and the Whole School Approach.

Rachel offers wellbeing education for pupils and adults, working on ways to manage stress, anxiety and other difficult emotions through emotional resiliency work, learned optimism and secular mindfulness based stress reduction. She teaches all 3 of the MiSP (Mindfulness in Schools Project) curriculums which are based on rigorous research in clinical psychology, neuroscience and education.

The three curricula are;



**Paws b** [pause be] is a leading mindfulness **curriculum for children aged 7-11 in schools**. A key feature of this 6 lesson curriculum is the neuro-scientific content. Pupils learn about thinking processes and how thoughts, emotions and body states affect each other. They investigate 'fight-or-flight' and perception, they practice training their attention and explore how mindfulness can support them in all areas of their lives.



**.b**, [dot-be], is the UK's leading mindfulness **curriculum for 11-18 year olds in schools**. **.b** stands for 'stop and be', a simple practice at the heart of this 9 lesson course. Each **.b** lesson (between 40 minutes and 1 hour) is expertly crafted for use in the classroom to teach a distinct mindfulness skill. The **.b** materials are designed to engage even the most sceptical of young minds.



### **.b - Foundations - Mindfulness Training For Teachers**

The pressure and stresses on people working within schools is well recognised and the unique challenges of managing and working with young people, the time pressures of the job; juggling lesson preparation, marking, school administration with meeting the demands of external agencies can often lead to feelings of overwhelm and stress.

The **.b** Foundations programme is based on the renowned Mindfulness based cognitive therapy programme (MBCT) and is designed to be accessible for busy education professionals. It teaches the foundations of mindfulness practice and develops well-being, resilience and relational skills. It is also pre-requisite training to teach mindfulness to young people.

As a seasoned teacher Rachel has experienced the many demands made on people working in this environment and fully understands the need for teachers to have a way of coping with stress to prevent burnout and improve quality of life. Practicing mindfulness has completely changed the way she experiences and deals with stress and Rachel hopes that by teaching the **.b** Foundations programme she will enable other teachers to do the same.

*"Mindfulness has so much to offer as part of the curriculum, but schools tell us that what makes the most significant contribution to creating a mindful school is mindful staff."* - **MiSP**



Rachel has worked with adolescents and young people in various contexts for over 20 years - as teacher, middle leader and behavior manager in the UK and Europe. She now works independently as a mindfulness and wellbeing trainer, teacher and consultant, supporting schools in integrating meaningful and sustainable wellbeing practice into the whole school curriculum. Rachel specialises in helping educational institutions to formulate and

maintain a whole school approach to emotional and mental health for staff and learners, recognising that every member of the school community needs to thrive in order for a school to perform at its best. Rachel has worked closely with the Mindfulness in Schools Project since 2014 and has inspired many pupils and adults through her teaching of their Paws b, .b and Foundations programmes. In addition to this, Rachel has trained with colleagues from the Centre for Mindfulness Research and Practice at Bangor University and the Oxford University Mindfulness Centre to deliver 'The Present' and 'Frantic World' courses to adults. She is frequently invited to lead or contribute to mindfulness based workshops at a variety of local authority, headteacher and well-being conferences and is currently working with school clusters to develop on line social and emotional learning opportunities for staff and pupils. Rachel is passionate about transformative education and has already seen how placing mental health at the forefront of an integrated curriculum can facilitate learner and school success.

*"The course was fantastic, incredibly worthwhile and beneficial to my professional and personal life. Rachel's delivery was clear and engaging and we all felt incredibly comfortable to opening our minds with her. Without a shadow of doubt, all staff should complete this training. Every participant has had nothing but positive things to say about the impact it has had on them and are now keen to follow this through by delivering it to our pupils. There are many other Mindfulness courses and apps out there but this one feels like the real deal. Rachel helped widen my understanding and strengthen the connection between mindfulness practice and my everyday life. Because of this I am able to continue to benefit from mindfulness practices even though the course is now over."* - **Mr Andrew Williams. Pennaeth/ Head Teacher. Ysgol Gelli Aur/ Golden Grove School.**

*"I was a little sceptical about the course at first, however after the first session and practice I was hooked! The training sessions have been informative and have helped me to understand that we need to step back from our busy lives and reflect skilfully by using the tools we have been given. Rachel has been a great provider throughout, her message has been clear and her explanations and delivery - thought provoking and insightful. I would highly recommend this training to all of my colleagues and would advise them to do it as soon as possible!"* - **Mrs Shelley Morris. Pennaeth / Head Teacher. Monkton Priory C.P. School, Monkton, Pembroke.**

*"MiSP delivers a toolkit that can anchor a child for life, rather than a quick fix they forget just as fast as they learnt it. We help bring mindfulness to your school so you can achieve a culture shift in your approach to children's mental health and wellbeing."* - **(MiSP)**

**For further information or to book a course please contact Rachel;**



**racheldean29@hotmail.com**



**07968 447 462**