Mindful Learning

Session one: Thursday 14 May, 10.00 am – 12 noon
Function Room 1, Manningham Civic Centre,
699 Doncaster Road, Doncaster

Session two: Tuesday 26 May, 5.00 pm – 7.00 pm
Function Room 3, Manningham Civic Centre,
699 Doncaster Road, Doncaster

Manningham City Council invites you to attend one of two FREE presentations on Mindful Learning: How the science of mindfulness can improve wellbeing and performance in students and educators.

Mindfulness is both a form of meditation and a way of living. It is a generic skill that has a lot of particular applications, many of which are relevant to education. These include better executive function, focus and learning, improved mental and physical health, and enhanced emotional self-regulation, communication and empathy. This interactive presentation and workshop will explore the science, practice and philosophy of mindfulness and how they can be applied to personal and professional life.

Who is the course for:
Teachers, principals, parents, people with a disability, family members, professionals and others interested in learning about mindfulness within education.

To register:
For more information and to register, contact Jon Adams, Metro Access, Manningham City Council on 9840 9317 or email jon.adams@manningham.vic.gov.au

About the Presenter

Dr Craig Hassed is an internationally recognised expert in mindfulness who has presented widely at national and international seminars and conferences, and has published extensively in the areas of mind-body medicine and mindfulness. He has been instrumental in promoting mindfulness as a simple, natural and accessible technique for enhancing wellness, preventing and managing illness, and improving performance within health, education and corporate settings. Craig is co-author of the very successful Mindfulness for Life and Mindful Learning.