
AN EDUCATION IN AWARENESS

Mindfulness-based Learning Initiatives around the World

Twilight seminar with Dr. Nimrod Sheinman

Schools and research projects around the world are exploring innovative mindfulness in education initiatives, and discovering new ways to help children calm down, stay focused, develop self-awareness, maintain emotional balance, and cultivate empathy and self-efficacy.

The seminar will focus on children's resilience and wellbeing cultivated through Mindfulness in Education initiatives emerging around the globe.

ABOUT THE SESSION

Schools and kindergartens provide excellent opportunity to cultivate children's awareness, resilience and emotional intelligence. The education system should be creating mindful learners as its goal – learners who are mindful of all that is inside them and all that surrounds them.

In this presentation, Dr. Sheinman will explore:

- “Best practices” and ways to teach children how to apply mindfulness techniques in various aspects of their lives.
- “Whole Child” models and practices for kindergarten, primary schools and high schools.
- Long-term outcomes of mindfulness-based whole-school approaches in Israel.
- Main pedagogical interventions designed to cultivate mindful awareness with children.

Mindfulness, if well adapted and developmentally appropriate, offers a promising potential for such “learning from within” to take place. Join to discover what happens around the world in Mindfulness in Education, and what the benefits are for teachers and children.

ABOUT THE SPEAKER



Nimrod Sheinman, ND, is one of Israel's most respected and experienced mind-body pioneers.

He was the Co-Founder of The Israel Center for Mind-Body Medicine and is currently the Co-Founder and Director of The Israel Institute for Mindfulness in Education.

Israel's first Mindfulness in Schools project, which he initiated over 15 years ago with support from the Ministry of Education, has reached over 10,000 children, teachers and parents.

His institute model focuses on whole-school projects, mostly primary schools and kindergartens, integrating mindfulness, imagery, movement and playfulness to enhance “mindful learning from within” and to cultivate the inner lives of children and teachers.

He can be reached at nimush@zahav.net.il

TWILIGHT
SEMINAR 09/09

FURTHER DETAILS

Date:

Tuesday 9 September 2014

Time:

Start: 5:30pm

Venue:

Bastow Institute of Educational Leadership
603-615 Queensberry St, North Melbourne

Please note, there is no all day street parking available near Bastow.

Information on how to get to Bastow:

<http://www.bastow.vic.edu.au/educational-leadership/Pages/Locate-Us.aspx>

Cost:

\$35 pp incl. GST

To confirm your booking:

<https://register.eventarc.com/25085/an-education-in-awareness-mindfulness-based-learning-initiatives-around-the-world>

If you would like to register for the event using video conferencing via Polycom or Lync:

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