

## Workshop 2

Mindfulness: The path from practitioner to teacher

Facilitated by Billy McGoldrick

Billy McGoldrick gained his BSC Ed at University of Houston where he studied on swimming scholarship in the 1980s. He is a secondary school teacher of Physical Education who currently works for Angus Council at Arbroath Academy where he has spent over 25 years. He is a former international swimmer and coach and a Commonwealth Games medallist for Scotland. His experience is great and varied working with young people and adults from disadvantaged backgrounds to the elite performers in the country.

Billy's qualifications include Leader in Behaviour Management, Fitness Instructor, Teacher of Mindfulness Based Stress Reduction courses for adults through Bangor University and Dot B courses for 11 -18 year olds through the Mindfulness in Schools Project. He has taught Mindfulness in a variety of contexts including Nursery, preschool, primary and secondary to staff and pupils. He developed a 4-week course for Angus PE teachers where he has led Mindfulness Based Sports Approaches for use with pupils undertaking courses in the Curriculum for Excellence. He is currently leading a pilot project in Hayshead Primary school with Susan McEvoy teaching Paws and Dot B courses to P 3 and P7 respectively.

Workshop Summary: Mindfulness: The path from practitioner to teacher

Billy will share his own journey from ego-driven athlete to passionate teacher through a deep understanding of the mind and body through his personal and professional development through Mindfulness. He will discuss his own Mental, Emotional, Social and Physical challenges, and lead some experiential practices which he uses regularly for self-regulation and which can be applied to everyday life as well as in the educational context. There will be an opportunity to ask questions and advice on how to access further resources and training.