

Workshop 4

Experiences of Teaching Mindfulness to staff, students and younger pupils

Facilitated by Susan McAvoy

Susan has been in education for 20 years teaching sociology and psychology in both Higher and Further Education. She has postgraduate qualifications in teaching, professional development and as an EIS Learning Representative. She is an EIS Learning Representative for Dundee and Angus College. As part of her EIS remit, she has an interest in developing the social & emotional skills of staff as stress management. Susan also has a range of qualifications in Complementary Therapies, is a long-term meditator and has been teaching Mindfulness at Dundee and Angus College to both staff and students for 4 years. She is also an independent Mindfulness teacher offering training for schools and local businesses.

Workshop summary: Experiences of Teaching Mindfulness to staff, students & younger pupils

In her workshop, Susan will share her experiences of teaching mindfulness during this academic year. Her 6-week Workplace Mindfulness Training (MT) course has been delivered to members of staff and students at the college and has been very well received and positively evaluated, with staff and students reporting less stress and increased mental wellbeing. Susan has also been teaching the Paws b course for 7-11 year olds in a local primary school as part of a pilot with Billy McGoldrick (Arbroath Academy). You will get the chance to practice a few of the exercises from the Workplace MT and Paws b courses.