



DAILY PROGRAMME

Empowering Educators through Mindfulness and Well-Being

DURATION 5 days · 25 hours	DAILY SCHEDULE 09:30–15:00 Monday to Friday, with a break for lunch	LANGUAGE English (B1+)
COURSE CENTRES Antalya · İstanbul · İzmir · Mersin · Budapest · Bremen · Rome Dates and cities of the scheduled sessions are listed on the course page.		GROUP SIZE Max 20 participants

Week at a glance

DAY 1 Foundations of Mindfulness and Well-Being	DAY 2 Mindfulness-Based Teaching	DAY 3 Personal Well-Being for Teachers	DAY 4 Mindfulness in Classroom Management	DAY 5 Your Practice Plan and Closing
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Day by day

Day 1

Foundations of Mindfulness and Well-Being

- **Icebreaker:** "Silent Mind" — 1 minute of silent mental awareness, then optional sharing
- Jon Kabat-Zinn's 1979 Mindfulness-Based Stress Reduction (MBSR) programme: its core practices, and what a five-day week can and cannot be next to an eight-week course
- Causes and impact of stress in the teaching profession
- **Practice:** breathing and mindful sitting

Day 2

Mindfulness-Based Teaching

- **Warm-up:** "Mindfulness Circle" — brief group meditation and optional sharing
- **Practice:** a short body scan
- Emotional awareness in teacher-student relationships
- Mindfulness strategies to increase student focus in the classroom
- **Group work:** begin designing a two-minute mindfulness practice to try in your own classroom

Day 3

Personal Well-Being for Teachers

- **Warm-up:** "Sensory Awareness" exercise
- **Practice:** mindful movement and one everyday routine done with full attention
- **Emotional intelligence and mindfulness:** noticing an emotion before acting on it
- Daily routines (meditation, breathing, healthy habits) that enhance well-being
- Beginning your personal practice plan

Day 4

Mindfulness in Classroom Management

- **Practice:** a short pause for a hard classroom moment (stop, breathe, notice, choose)
- Mindful classroom-management strategies for a calmer learning environment
- **Simple tools for short classroom practices:** a timer, a chime, a script read aloud
- Ten-minute trial of your classroom practice on colleagues, with feedback: one thing that worked, one thing to try

Day 5

Your Practice Plan and Closing

- **Practice:** a longer sitting to finish the week
- **Your eight-week practice plan:** what, when, and what might get in the way
- One classroom practice for your first week back, and what you can do alone, with a colleague or must ask your school for
- General assessment and feedback on the course
- Certification ceremony

PLEASE NOTE

Sessions run from 09:30 to 15:00, Monday to Friday, with a break for lunch. Timings can shift a little to suit the venue and the group.

Course activities and content may vary depending on participants' needs and the trainer leading the session; any changes are at the trainer's discretion. If there is a specific topic you would like included, please let us know — content-related requests must reach us at least 3 weeks before the course start date so we can confirm them in time.

ISSUED BY

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COURSE PAGE

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