
Mindfulness for People Working in Education – Dotb- Foundations

2019 / 2020

Course Code	Q3452
Tutor	Julie Bibby
Venue	UCM, Homefield Road, Douglas
Cost	£88
Start Day, Date & Time	Wednesday 29 th January 2020 4.30pm – 6.15pm
Number of Weeks / Sessions	8 Weeks

What is the course about?

The dotb-Foundations course was developed by Oxford University as part of their Mindfulness in Schools Project (MiSP). Research shows that mindfulness training for education staff can improve health and wellbeing and teaching efficacy and help participants to better manage stress and feel calmer. Please note this certificated course is only for people working in education. Successful completion entitles participants to train with MiSP to teach mindfulness to students if they choose. For more details, see <https://mindfulnessinschools.org/>

Further information and a health questionnaire will be sent out prior to the course.

A free introductory session providing information about mindfulness and its benefits, course content and further training opportunities will be held at UCM on Wednesday 20th November 2019 from 4.30pm.

Contact the Tutor, Julie Bibby (see contact details below) for more details.

Previous experience:

No previous experience is required. This course is specifically for people working in education.

Equipment you need to bring:

Please bring an extra layer of clothing in case you get cold. A pen and a folder for handouts would be helpful.

General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

Who should I contact?

For further information, please contact the Tutor, Julie Bibby, on 428050 or at juliebibby@manx.net or the Programme Area Secretary on 648204.