

Date	Session	Detail
6th September	Where is my mind?	Let's check in, enjoy some breathing space and explore how we can look after our minds amidst the chaos.
20th September	I love metta who do you love?	How to become a 'compassionate mess' and learn to love the cracks that exist in us all.
4th October	Teaching Mindfully	What it means to be a mindful educator and an introduction to the Do-BeMindful programmes for learners.
1st November	Resilience-based Recovery	Why it's important that we are trauma-sensitive in our approach to Mindfulness.
15th November	Do-BeMindful Learners Programmes	Whether you've started or not we'll share some helpful hints and tips and have time to explore any issues/ challenges.
29th November	Mindfulness for Families	Simple Mindfulness-based activities you can do at home - invite your parents/carers to attend this one!
17th January	Where is my mind?	Let's check in, enjoy some breathing space and explore how we can look after our minds amidst the chaos.
31st January	I love metta who do you love?	How to become a 'compassionate mess' and learn to love the cracks that exist in us all.
14th February	Teaching Mindfully	What it means to be a mindful educator and an introduction to the Do-BeMindful programmes for learners.
28th February	Resilience-based Recovery	Why it's important that we are trauma-sensitive in our approach to Mindfulness.