

Coming back to our senses

Mindfulness practices for teacher and student wellbeing

Monday 29 April 2024, 9.00am-11.30am or 1.00pm to 3.30pm

Additional dates available upon enquiry



Mindfulness practices that support the wellbeing of staff and students

Schools are stressful places. For teachers and educational leaders, the day-to-day pressures are manifold: busy timetables, demanding classrooms, communications with colleagues and carers, critical incidents, and high-stakes decision-making – not to mention broader life concerns like health, finances, and relationships. Add to this the stresses that students face academically and socially, and what we have is a hectic environment where emotions are heightened, and energy is drained. Amidst all this, it is unsurprising that the wellbeing of staff and students can be low.

In this workshop, we will explore a holistic, contextual way of understanding wellbeing as consisting of biological, psychological, social, and spiritual dimensions based on recent research. We will consider the effects of stress on these dimensions of wellbeing, and then experiment with mindfulness practices that can tend to stress in each of these dimensions. Participants will have ample opportunity to try out a variety of evidence-informed approaches and discuss ways to adapt them to their unique workplaces and classrooms in a supportive environment.

The information and discussions in this workshop will be valuable for any teacher from Kindergarten to Year 12. Workshops are delivered on-site in a whole school setting.

For enquiries please contact:

Rachel Payne - Office of Professional Learning
Sydney School of Education & Social Work
Faculty of Arts and Social Sciences
T +61 2 9351 8520 | E rachel.payne@sydney.edu.au

Presenter

Remy Low, Senior Lecturer, Sydney School of Education and Social Work, The University of Sydney

Remy Low is committed to cultivating culturally responsive educators who can work in diverse contexts. This informs teaching, research, and consultancy, which focuses on two dimensions. First, the examination of social and cultural factors that shape experiences of education. Second, exploration of practices that foster educator responsiveness and well-being, including contemplative practices from different traditions (e.g., mindfulness, deep listening, reflective reading and writing, process art, mind-body exercises). Remy is the author of *The Mind and Teachers in the Classroom: Exploring Definitions of Mindfulness* (2021) and *Learning to Stop: Mindfulness Meditation as Anti-violence Pedagogy* (2023).

Prior to this current appointment, Remy was a high school social science teacher, a lecturer in gender and cultural studies, and the project manager for a widening participation in higher education program in Western Sydney schools.

Registration

Fees: \$2200 per whole school in-person on-site delivery (GST Incl).

Location: Delivered on-site at your school

Register online at:

[Coming back to our senses: Monday 29 April](#)
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