

# CONNECTED TEACHERS

*A workshop for educators - practical skills for emotional health  
“enriching, joyful and informative”*

Mind with Heart is an international education charity equipping staff and students with tools for sustainable well-being, emotional health and social connection.

**Well-being starts in the staffroom.** When teachers feel well, they connect with their students, they teach well, and their students feel well and do well too. In this workshop teachers will explore tools for well-being; including mindfulness and compassion exercises for cultivating *relaxation, attention, and emotional intelligence*.

## CONNECTED

Connected Schools feel good,  
function at their best and  
care for others

- Venue** Bangkok Patana School,  
643 La Salle Road (Sukhumvit 105),  
Bangna, Bangkok 10260, Thailand
- Dates** Thu 12 Mar, 4-7pm (free taster)  
Fri 13, Sat 14th, Mar 2020, 9-5pm
- Fees** 3 days THB 17,000
- Contact** [for further information, registration  
violaine.leroux@mindwithheart.org](mailto:violaine.leroux@mindwithheart.org)  
+66 81 239 0147
- Web** [mindwithheart.org](http://mindwithheart.org)



This workshop will be held by Fiona Clarke, Mind with Heart’s Chair of Trustees and director of curriculum development. Fiona has fifteen years’ experience in sharing well-being tools with children and teenagers. For the past six years she has been training teachers in cultivating self-care and emotional health, and in delivering our well-being courses to young people.

- The training was excellent* Deputy Head
- Explorative, educational, empowering* Head of Year
- A very worthwhile experience* Senior manager
- Amazing! The best training I have ever been on* Teacher
- Incredibly useful, refreshing and inspiring* Teacher
- Very clear, thought-provoking and insightful* Ed Psych



**MINDFUL NATION UK**

Report by the Mindfulness All-Party  
Parliamentary Group (MAPPG)

October 2015

*Mind with Heart* is cited by the Mindful Nation report as one of the main UK training organisations offering trainings to teach mindfulness to young people.