

wellbeing offers For Primary Schools



HeArtfelt Mindfulness Taster

In this session, the students will get to know a **mindful approach to life and learning**. They will learn breathing methods to calm their nervous system and craft a tool that helps them to remember the breathing method. The students will gain knowledge about how their minds work and how mindfulness can **improve their wellbeing** and their learning experience at school. The methods taught are **fun and creative** and include a mixture of drama, crafting, creative writing and storytelling. (Find a sample lesson structure [here](#).)

- 60 Euros (1 hour)

HeArtfelt Mindfulness Term

This training will provide an **intensive engagement with mindfulness**. Within a term, we will mindfully explore topics like **friendship, feelings, nature, gratitude, presence, worries, diversity and unity**. The students will have time to reflect and playfully explore these topics through a mixture of drama, crafting, creative writing and storytelling. They will learn breathing methods to **calm their nervous system** and craft tools that help them to remember the teachings. The students will gain knowledge about how their minds work and how mindfulness can **improve their wellbeing** and their learning experience at school. (Find a sample lesson plan [here](#).)

- 450 Euro (6 one hour sessions)

HeArtfelt Mindfulness Individual

If none of the above is fitting for your school, we can have a chat about an **individually crafted program**. This can range from a **45-minute talk to much longer programs, one-day workshops or camps**. We can also adjust the content if there are areas that your students are specifically struggling with, **e.g. bullying, school anxiety, exam anxiety, transition worries, memorising or concentration issues**. If you want to get an overview of the methods with which I am working, you can find a presentation [here](#).

- Price depending on time frame and offer.

Parents and Guardians

In order for the parents to understand what the children have been learning at school, I also offer **one-hour workshops for parents and guardians**. This is also a wonderful opportunity for parents to develop some mindfulness practices for themselves as well.

Teacher training

I deliver one-hour **workshops for teachers** (which can be included in **CPD and Croake Park Hours**) where I share some practices and some background about the benefits of Mindfulness for everyone! I also give an **overview** of the course content for the children so that the teachers can encourage **ongoing mindfulness practice in their classroom**.

How I work

All of my offers are taught in a **secular way**, outside any spiritual context, with all practices **supported by scientific research**. I work closely with the best practice guidance for primary schools and all classes support the implementation of the Wellbeing Promotion Process with particular emphasis on the **SPHE strands of "myself" and "myself and others"**. As a former teacher, I am familiar with internal school structures and challenges. I consider myself to be flexible, self-reliant and provide a calm, kind and resilient leadership.

What is Mindfulness?

Mindfulness refers to the **act of being fully present** and engaged in the current moment, **without any distractions or judgments**. It involves **being aware of our thoughts, emotions, and surroundings**, and accepting them without attempts to alter or regulate them. Research has demonstrated that mindfulness can offer **a range of advantages for children**, such as better **concentration**, decreased levels of stress and **anxiety**, and **improved emotional control**.



About Me



Background

- a patient, kind, caring and creative professional
- promoting health and wellbeing in children through creative mindfulness
- 13 years of experience as a public-school teacher in Germany
- experienced in preparing and leading lessons in English, Music, Drama, Home Economics and Arts
- experience in working with children with special needs such as autism, hearing disabilities and learning difficulties.

Education

- Accredited Creative Mindfulness for Kids practitioner
- Full teacher training Germany (English, Drama, Music)
- 2.5 years additional training as a drama teacher
- Teacher's Training at a secondary school
- Training for kids with special needs
- M.A. Master of Arts Applied Music Science
- B.A. English and Music

Skills

- respectful, mindful, non-judgemental, playful and creative approach
- passionate about fostering positive Mental Health and Wellbeing
- supporting children on their way to adulthood with ease, calm and clarity.

Testimonials

Over many years, I have been able to observe how Nicole helped students to gain more self-confidence and self-esteem with her work, thus revealing completely new perspectives on life to them. Nicole herself was also a model for many colleagues. She always knew how to allow the needs and goals of everyone and to support and value them in her work, regardless of her own preferences. Nicole was and is a great asset to each colleague and to the further development of each individual.

Former teaching colleague

"The training was brilliantly organized. The breathing technique helped my child to calm down. She loved the artwork activities and creating crafts and bringing them home. Nicole is friendly, warm, calm, welcoming, well organised and prepared."

Parent of a Mindfulness Class participant