Teacher training for mindfulness and empathy in education

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In cooperation with the pioneers of mindfulness in schools we have created a training for teacher trainers

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The training program offered is unique in several ways

- The only train-the-trainer program for the school context
  - Training only people who are themselves educators
- All key mindfulness for schools programs in Germany/Austria cooperate
- Each module is co-taught by two expert teachers from different mindfulness programs
- Curriculum including empathy/compassion and engagement
- Participants not being taught a particular program, but focus on deepening practice, and building skills and attitudes
The pillars of the training are six 2-day modules and an optional retreat

- Module 1: Introduction into mindfulness and empathy in schools on a scientific, practical and personal base
- Module 2: Inner attitude towards oneself (self-compassion), towards others and towards the surrounding; using art in mindfulness trainings
- Module 3: Relational competence and dialog
- Module 4: Potentials of mindfulness in teacher trainings and in schools
- Module 5: Practice how to implement the knowledge and develop “life practice” project
- Module 6: Reflection and sustainable engagement on the base of global competence
- Optional retreat to deepen personal practice and build community

Between modules participants work with “buddys” and in regional groups, deepen their teaching practice and work on a “life practice” project. Additionally, participants reflect on their learnings in an electronic journal.