

Take back your time - the Neuroscience of Mindfulness

Presented by Daniela Falecki



Learn and teach how to sharpen attention, develop positive mindsets and improve mental flexibility to find more time in your day.

Format: Face to Face

Audience: Those teachers looking to find better work-life balance.

Description

1. The cost of mindlessness

120min

Teachers are the most stressed profession in the world with increasing demands and expectations where we simply don't have enough time. The nature of multitasking leaves us with a mind full which directly impacts the quality of our relationships with others and ultimately our stress levels. Through understanding the traps of mindlessness we increase our attention and awareness to take back control of our time.

2. Neuroplasticity and what it means for you

120min

Growing research in the field of neuroplasticity shows how the grey matter in the brain increases with simple mindfulness practices. By choosing to pay direct attention at any given time we are literally engaging different aspects of our brain. With simple evidence based tools from Dr Craig Hassed and Mihaly Csikszentmihalyi, we learn how to manage interruptions, maintain mental flexibility and creatively problem solve issues as they arise.

3. Building a mindful classroom

60min

Being mindful is one thing, practicing mindfulness is another, yet true transformation can occur when we teach others to be mindful. Students need to not only be engaged in learning but in supporting their own wellbeing. We wrap up the day with strategies that can easily be implemented across any age group that improve learning and reduce stress. Practical resources are shared that are accessible and transferable for personal or professional use.

Occurrences

There are no occurrences of this format in Australia (NSW) at this time.

Sessions

1. The cost of mindlessness

2 hours

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3. Building a mindful classroom

1 hour

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About the presenter



Daniela Falecki

Creator

Daniela Falecki is known as the "keep-it-real" teacher who specialises in Positive Psychology. Her passionate and practical approach makes her a sought after speaker in schools because she knows what it is like. Sharing stories from her 20 years of experience in schools, her insights are practical, realistic and evidence based. Daniela also lectures at Western Sydney University, is a Senior Associate for Dr Suzy Green & the Positivity Institute, and is the developer of many BOSTES accredited mentoring and coaching programs for teachers. Daniela has been the NSW Manager for the Outdoor Education Group, program developer for International College of Wellness Coaches and is a member of the ICF (International Coaching Federation). She has completed a Masters in Education (Leadership), a Bachelor of Education (Physical & Health Education), a Diploma in Rudolf Steiner Education, a Life Coaching Certificate (Life Coaching Academy) is a Master Neuro Linguistic Programming practitioner and was voted Lecturer of the Year 2014 at Western Sydney University.



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Product: Take back your time - the Neuroscience of Mindfulness

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