



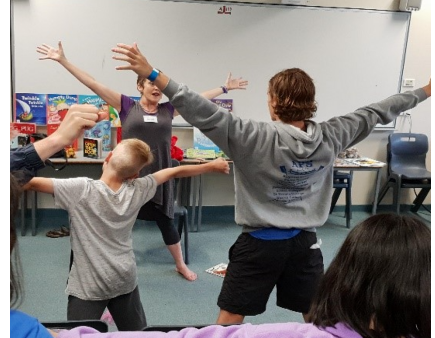
Prospectus: Certificate in Creative Mindful Education for Children



Certificate in Creative Mindful Education for Children

Training for ELC-Yr 12 Educators, Allied Professionals and Meditation Teachers!

Discover how to teach children mindfulness and meditation in the way they want to learn...rather than how adults want to teach.



Welcome: Overview and Introduction

"It is a great privilege to join the Australian Centre for Meditation and Mindfulness and have this course aligned with so many outstanding options" - Janet ETTY-Leal

'The best teachers are those who show you where to look, but don't tell you what to see'
Alexander K. Trenfer

In the spirit of true educational pedagogy, the course is created to **draw out what is unique about you: your core skills, values, and talents.** Providing you with a strong grounding to develop your own authentic, joyful way to support children to make their own Mindful discoveries.

Janet is committed to generously share insights, wisdom and experience gained from a learning journey spanning over 20 years. A rich, diverse pathway teaching thousands of children from 4-18 years of age in Government, Private and Special Needs Schools. Janet has also trained thousands of teaching staff and allied professionals in workshops, seminars, and Conferences in Australia and overseas

Why does Mindfulness Education for Children really matter?

In a world that is increasingly uncertain, mindfulness education supports children to feel that they can know, trust, and believe in themselves. It provides the resources to care for their inner world and to enable healthy, kind outer connections in life.

According to a study by Beyond Blue, half of all the mental health conditions experienced in life will have started by age 14. Over 75% of mental health problems occur before the age of 25. Throughout 2020 13.9% of children aged 4 to 17 years met the criteria for a diagnosis of a mental disorder and Covid19 has exacerbated these issues.

In a fast paced, over stimulated world children need to learn skills to build awareness of their body and mind, and strategies and skills to regulate emotions, build resilience and most importantly, connect to their hearts.

About the Course

For over 20 years, Janet has focused on teaching children to cultivate their 'roots' of awareness and 'wings' of creativity and joy.

The aim of the Certificate in Creative Mindful Education for Children is to bring Mindful Education to life for children with an enquiry- based approach to foster curiosity, compassion, and a holistic, creative approach to learning.

A rich journey of personal and professional discovery unfolds, supporting teacher trainees to find their authentic, unique way of teaching and nurture a deep sense of agency within each child.

This course makes an excellent Post Graduate course for graduates of the Certificate/Adv Cert in Guiding and Teaching Meditation and Mindfulness.

Applications for Mindful Learning for Children

The course is designed to support ELC, primary and secondary teachers, allied health professionals – psychologists, counsellors, doctors, pediatric nurses, youth workers and occupational therapists.

What is unique about this course?

Janet's mission is to equip you with a whole-hearted, holistic and creative palette in this training. To truly bring Mindful learning to life... to deeply touch the heart and mind of each child.

For mindfulness practices to really 'land' in the hearts and minds of children, thorough preparation is needed to inspire children: creating relevance and engagement, as well as connecting to individual learning styles. Every learning unit shares a diverse range of creative concepts, themes, metaphors and teaching aids.

The course is available online and includes face to face options with one on one Zoom coaching, group discussions and written feedback to develop a deep sense of relationship and connectedness with Janet and fellow students.



Course Outcomes

- Effectively teach children both theoretical and practical applications of Mindfulness and Meditation.
- Learn to teach practices for children providing short term benefits and long- term gains.
- Gain a thorough, lasting resource to draw on for years to come.
- Adapt material for different age groups and applications.
- Expand your 'mindful horizons' with creative teaching possibilities to make learning relevant and engaging for children.
- Deepen and develop your personal practice.
- Eligibility for Provisional Membership with Meditation Australia.

Each unit features adaptations for different age groups

Course Content

Unit 1: WHY? Foundations of Teaching Mindfulness to Children

- Preparing Your Foundation for Teaching
- Getting Started: Crafting your first steps
- Guidelines for Teaching Meditation to Children: 3 Key Concepts
- Establishing Awareness of the Inner World: Body Systems

Unit 2: WHAT? Creating captivating content

- Bringing learning to life with creativity
- Developing age appropriate themes: neuroscience, social/emotional learning, positive education tenets
- Expanding awareness: nature and global focus
- Building your resources toolkit: visuals, props, stories, poems, music and more

Unit 3: A palette of Mind/Heart/Hands-on practices

- Developing your own palette of movement/standing/sitting/lying down practices
- Writing your own scripts

Unit 4: Implementing Mindful Learning

- In Schools: ELC – Year 12 Teachers
- In Clinical Practice: Allied Health Professionals
- In the home: Parents and Grandparents
- Spreading the word – marketing and communicating your message

What you will receive

- Complimentary copies of Janet's books: 'Meditation Capsules: A Mindfulness Program for Children' and 'A Head-Heart Start for Life: Creative Mindful Discoveries for Young Children
- Free access to training videos and audios of guided meditations
- A Four Unit Comprehensive Training Manual
- One to one Zoom coaching sessions with Janet for each unit, as well as group discussions to connect to fellow students
- Sample Mindful Extension Worksheets for students
- Two Full Day Immersions to support in depth experiential learning (currently delivered live via Zoom due to Covid).

Day Retreats offer you the opportunity to join with the student community to deepen experiential learning and exploration of course content. At every step, you will be supported with feedback, care, and encouragement.

Optional Supervisory mentoring sessions with Janet and access to digital visual aids for printing and Power point presentations

FAQs

Q. What are the time commitments for the course?

The course 'goes live' from Friday 26 March 2021 and you may begin the course at any time after this date. The course is designed to fit into your lifestyle as you progress through the course at your own pace. The maximum completion time is 12 months, with a minimum of 6 months. This course is completely flexible. Around 1-3 hrs a week is an indication, however there is scope for flexibility around your personal and professional commitment.

Training days are mandatory and the dates will be advised.

Q. Where are the training days held? What if I can't attend the training day?

The training is provided by Zoom and it is important that you attend. If you cannot attend, you will not get the full benefit of the interactive nature of the training. Current Training day dates are listed on the current enrolment form. (See link to enrolment form below).

About Janet Etty-Leal

Janet is an author, speaker, the secretary of Meditation Australia and a pioneer of mindful education for children.

Janet's key focus is to bring mindfulness to life, with heart, mind and hands-on practices to connect to all children.

Her creative programs are a fusion of mindfulness and positive education and have enhanced curriculum for thousands of students. She provides staff training and classes for students in all school sectors. She has presented at numerous conferences nationally and internationally. Studies based on Janet's books 'Meditation Capsules: A Mindfulness Program for Children' and 'A Head-Heart Start for Life: Creative discoveries for young children' have been undertaken by Masters/PhD candidates in Universities in W.A., S.A., Victoria, New Zealand, Hong Kong, the US and Puerto Rico.

Course pricing

\$1,600

Includes 4 Units = \$1250 + 2 x Day Retreats = \$350



NOTE

This training is only for children's education. If you wish to teach meditation to adults then you will need to enrol in the Certificate or Advanced Certificate in Guiding and Teaching Meditation.

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