

At your BEST

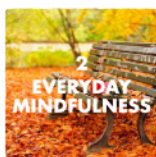
Staff Wellbeing Opportunities

PRESS PLAY to watch a 4-minute video explaining the exciting new programmes on offer

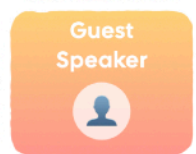
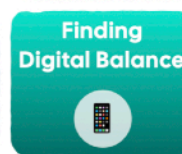
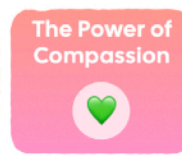
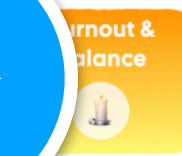
At your **BEST**: Staff Wellbeing 2026/27

Visit bestacademies.org.uk/mindfulness for info and registration

MINDFULNESS ESSENTIALS 5-WEEK COURSE



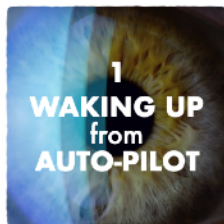
WELLBEING WORKSHOPS



and **READ ON** for full details and REGISTRATION...

Please contact Will George with any queries: wgeorge@bestacademies.org.uk

MINDFULNESS ESSENTIALS • 5-week online mini-course



This accessible programme helps busy school staff to improve their personal wellbeing, resilience and performance. Five weekly sessions of 75 minutes explore core mindfulness practices and teach you how to manage your mind more skilfully – regulating your attention, thoughts and emotions, increasing present-moment awareness, cultivating self-compassion and improving your capacity to handle life's challenges. Past participants have described:

- Feeling calmer and more relaxed
- Reducing stress and anxiety
- Navigating workplace challenges effectively
- Being kinder to themselves and more connected with family and students
- Living life more intentionally and less reactively

Completing this course allows you to apply for BEST funding for the 1-day 'breathe' training to teach classroom mindfulness with MiSP. If you have previously attended an 8-week course you are welcome to attend this course too.

Dates:	Tuesdays - November 3rd, 10th, 17th, 24th and December 1st
Time:	6.30pm - 7.45pm (online sessions via Teams)

BOOK YOUR PLACE

or

REGISTER YOUR INTEREST to be notified of future course/workshop dates here:

→ <https://forms.gle/d1iHBVsTWr9hNeQn6>

WELLBEING WORKSHOPS

These stand-alone 75-minute sessions explore a variety of real-world themes, supporting whole-person wellbeing for educators and support staff. Attend as many as you like.

Burnout & Balance



Recognise the key signs of exhaustion and create your own personalised plan to restore emotional and physical balance to your life

Thursday 5th November - 6.30pm - 7.45pm

Rest & Self-Care



Improve your mental and physical energy with better sleep hygiene and identify your non-negotiable self-care habits

Thursday 3rd December - 6.30pm - 7.45pm

Finding Digital Balance



Reclaim your attention and find a more intentional approach to use tech and bring balance to your digital life

Spring term, date TBC

Difficult Conversations



Learn the practice of mindfully responding in challenging interpersonal relationships in school (e.g. with students or parents) and manage the impact of relational stress

Spring term, date TBC

The Power of Compassion



Explore the practice of self-kindness and compassion and discover the benefits to your emotional wellbeing, personal confidence and relationships

Summer term, date TBC

- No requirement to have previously attended a mindfulness course - however, these sessions will complement any mindfulness courses.

BOOK YOUR PLACE or

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