

Monthly Mindfulness

For Derbyshire and Derby City Professionals working
with Children and Young People

18 December 2020 15:30 - 16:30	29 January 2021 14:00 - 15:00
26 February 2021 14:00 - 15:00	26 March 2021 14:00 - 15:00
30 April 2021 14:00 - 15:00	28 May 2021 14:00 - 15:00
25 June 2021 14:00 - 15:00	30 July 2021 14:00 - 15:00

Fully funded by NHS Derby and Derbyshire CCG and
hosted by the 'Art of Brilliance'



mindfulness

Be assured, MINDFULNESS is the oldest happiness trick in a very ancient wellbeing book. With the modern world conspiring against us, it pays to know the basics. How far you decide to take it is then up to you

Right here, right now. The manic pace of the modern world means that people are living life fast, but are we living it well? There's an argument that the busyness epidemic is damaging our health, sanity and relationships.

What if the solution is not to do more, but to 'be more'? MINDFULNESS is the process of being aware of your experience, including your breathing, and being in the moment, right here and right now. It is pure observation practiced with compassion.

MINDFULNESS practice has been shown to bring oodles of benefits for our mental and physical health. Taking a little time to 'pay attention to the present moment, on purpose and without judgement' gives us an immediate calming effect, by re-oxygenating our blood and brain. But the real magic happens over time. With repeated practice, mindfulness helps to quieten the stress centres of our brain so we become less reactive to stressful situations and more able to deal with everyday challenges with calm rationality.

There's a saying that you can't pour from an empty cup, so the rejuvenation process has to start with you. Think of this monthly webinar as your time out. We want to address your wellbeing pre-emptively and help you attain/maintain mental wealth. The lessons are for life.

Intended Outcomes:

- Address your wellbeing pre-emptively
- Help you attain and maintain mental wealth

Course fee £0.00

To book a place, click on www.derbyandderbyshireemotionalhealthandwellbeing.uk and the 'Training and Events' tile or add the course title into the search box. Places are limited.

This course will be hosted online via Microsoft Teams. A confirmation email with joining instructions, including the Microsoft Teams Meeting link will be sent to each participant prior to the event.

Cancellations and Non-attendance

If you are unable to attend for any reason, please email us as soon as possible at training.events@derbyshire.gov.uk as non-attendance deprives other delegates of a place.

Although these are advertised as fully funded events, all courses incur costs to cover the tutor, resources and administration. As this is public money being invested in training across Derby City and Derbyshire, we have a duty to use it responsibly.

Data Protection Statement:

Data relevant to your personal details will be stored in a secure information system within Derbyshire County Council's Integrated Workforce Development Section. We use the information you provide to complete DfE returns and any other statutory Government returns as required by law.

The above personal information will be used in order that Derbyshire County Council can retain a record of your training activity. The information will be retained securely by the Council in line with Derbyshire County Council's retention schedule.

Your information will not be shared with any third parties without your consent, except for when we are required to do so by law.

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