

# wellbeing offers For Secondary Schools



## Interactive Talk Shine Like A Star

In this interactive talk, the students will learn how to **stay focused before exams** and **reduce anxiety** through mindfulness and breathing techniques. They will **playfully explore exercises** to calm their nervous system. They will also learn to differ between a fixed and a **growth mindset** to set and achieve their goals. This talk will help them to show up with confidence and **master the challenges of stressful exam preparation**.

- 80 Euros (1,5 hours)

## Shine Like A Star Exam Preparation

This program is a deepening of the interactive talk. In **3 workshops**, the students will learn how to **stay focused before exams** and reduce anxiety with the help of mindfulness and breathing techniques. They will playfully explore exercises to calm their nervous system. They will also learn to differ between a fixed and a **growth mindset** to set and **achieve their goals**. The students will learn about the powerful impact our thinking has on learning so that they can master the challenges of stressful exam preparation. Find a sample lesson plan [here](#).

- 210 Euro (3 one hour sessions)

## Interactive Talk Peer Pressure

No other group is more **vulnerable to peer pressure** than teenagers. Not only are teenagers challenged by the changes in their bodies, at the same time, they have to deal with new schools, new classmates and environments. Suppressed feelings and stress often lead to **bullying and fights among classmates**. Mindfulness and self-awareness practices can help students to **meet themselves and each other with kindness and compassion**. In this talk we will explore a holistic approach to embrace change, foster resilience and self-love.

- 80 Euros (1,5 hours)

## Individual Programs

Let me **tailor a program specifically for the needs of your students**. Maybe they struggle with bullying or exam preparation. Maybe they lack confidence and are anxious about school. Maybe you simply want to foster kindness or gratitude in your school. I can offer you an individual program and even **include a printable, individualised workbook**. My workshops include **performance anxiety reduction**, voice training, self-esteem boosters, **speaking with confidence**, dealing with **exam pressure and anxiety**, self-compassion and awareness for oneself and others. Find an overview of my toolbox [here](#).

- Price depending on time frame and offer.

## Afterschool Offers

In order for the parents to understand what the children have been learning at school, I also offer **one-hour workshops for parents and guardians**. This is also a wonderful opportunity for parents to develop some mindfulness practices for themselves as well.

## Teacher training

I deliver one-hour **workshops for teachers** (which can be included in **CPD and Croake Park Hours**) where I share some practices and some background about the benefits of Mindfulness for everyone! I also give an **overview** of the course content for the children so that the teachers can encourage **ongoing mindfulness practice in their classroom**.

## How I work

All of my offers are taught in a **secular way**, outside any spiritual context, with all practices **supported by scientific research**. I work closely with the **quality framework for post-primary schools** and all classes support the implementation of the **Wellbeing Promotion Process**. As a former teacher at a secondary school, I am familiar with internal school structures and challenges as well as the students' worries. I consider myself to be flexible, self-reliant and provide a calm, kind and resilient leadership.

## What is Mindfulness?

Mindfulness refers to the **act of being fully present** and engaged in the current moment, **without any distractions or judgments**. It involves **being aware of our thoughts, emotions, and surroundings**, and accepting them without attempts to alter or regulate them. Research has demonstrated that mindfulness can offer **a range of advantages for children**, such as better **concentration**, decreased levels of stress and **anxiety**, and **improved emotional control**.



# About Me



## Background

- a patient, kind, caring and creative professional
- promoting health and wellbeing in children through creative mindfulness
- 13 years of experience as a public-school teacher in Germany
- experienced in preparing and leading lessons in English, Music, Drama, Home Economics and Arts
- experience in working with children with special needs such as autism, hearing disabilities and learning difficulties.

## Education

- Accredited Creative Mindfulness for Kids practitioner
- Full teacher training Germany (English, Drama, Music)
- 2.5 years additional training as a drama teacher
- Teacher's Training at a secondary school
- Training for kids with special needs
- M.A. Master of Arts Applied Music Science
- B.A. English and Music

## Skills

- respectful, mindful, non-judgemental, playful and creative approach
- passionate about fostering positive Mental Health and Wellbeing
- supporting children on their way to adulthood with ease, calm and clarity.

## Testimonials

*Over many years, I have been able to observe how Nicole helped students to gain more self-confidence and self-esteem with her work, thus revealing completely new perspectives on life to them. Nicole herself was also a model for many colleagues. She always knew how to allow the needs and goals of everyone and to support and value them in her work, regardless of her own preferences. Nicole was and is a great asset to each colleague and to the further development of each individual.*

Former teaching colleague

*"The training was brilliantly organized. The breathing technique helped my child to calm down. She loved the artwork activities and creating crafts and bringing them home. Nicole is friendly, warm, calm, welcoming, well organised and prepared."*

Parent of a Mindfulness Class participant