

# Mindfulness

**Friday 27th September 2019**

**09:15—12:15**

**Hopwood Hall College, Rochdale Campus**

**Trainer:** Emma Harding, Educational Psychologist, RBC

**Audience:** All Staff

This training will focus on a set of simple practices that can be incorporated into everyday life, both in and out of the classroom.

Mindfulness is a vehicle for the development of self-awareness. It is evidence-based and has been proven to be effective in managing depression, anxiety and other problems. It has been found to boost resilience, boost positive emotions, decrease negative mood and has a profound effect on physical health.

