

Engage your school with...

Positively Mindful

Effective, inspiring and evidence-based PSHE lessons to help your students boost emotional development and combat exam stress. Create happier, healthier and more harmonious students and teachers. CPD teacher training, 6-8 week courses, and exam stress-busting sessions.

*"I am more confident when learning new things,
and I have learned to be grateful in life"
(Students of Youth Mindfulness course).*

*"The class has become quieter and more interested in the subjects and each other. These are effective ways to teach empathy and reduce bullying."
(Teacher observing a 'Mindfulness in Schools Projects' course).*

*"When I am sad or mad I practice mindfulness. I close my eyes and breathe in and out. If we all did this we would all be happy!"
(Student of Youth Mindfulness course)*

*"My son has shown me how this can have huge effects from tiny changes"
(Parent,)*

Contact us for a FREE taster session or assembly talk.

Positively-Mindful.com