

NeuroHeart Education Foundation 2024



COURSE PORTFOLIO :

2.1 WELLBEING, STRESS RELIEF AND MINDFULNESS FOR TEACHERS

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**DELIVERED BY
RACHEL AND THE TEAM OF
TRAINERS OF THE NHE
FOUNDATION**

ABSTRACT

This is an online course and comprises some theory and practise regarding wellbeing, life balance, stress management and mindfulness.

STRUCTURE

6 hours – 6 x 1 hour sessions or 3 x 2 hours
This can be delivered online or as a one day face to face workshop.



COURSE CONTENT

1. Teacher wellbeing

- a. Life/work balance assessment
- b. What is wellbeing?
- c. Understanding triggers at work
- d. Immediate coping strategies

2. Stress relief

- a. Understanding stress from the physiological perspective
- b. Amygdala hijack
- c. The importance of breathing
- d. Recognising the signs short term or long term

3. Mindfulness and coping strategies

- a. What is mindfulness?
- b. What is meditation?
- c. Understanding brain states
- d. Practical implementation and implication





ABOUT RACHEL

Rachel Marie Paling founded Efficient Language Coaching in 2008 and created the method Neurolanguage Coaching® . She started teaching English as a Foreign Language to adults over 35 years ago. She has a BA Honours in Law and Spanish, a Masters in Human Rights and Democratization (EMA) and qualified as a UK Lawyer in 2003 She combined her teaching experience, her specialisation in business English and her legal knowledge to coach top executives across Europe. She is a professional coach with the PCC Credential from the International Coaching Federation and also holds an MA in both Applied Neuroscience and Neuroeducation and Neuropsychology.

In 2020 Rachel realised her dream in creating the NeuroHeart Education Foundation, with a vision to transform teaching. The foundation seeks to make teacher communication more sensitized, optimised and effective; incorporating emotional intelligence, science of learning, heart science and coaching, to equip teachers with the necessary soft skills and communication skills for the diverse learners of today.

The foundation is offering training courses to teachers, schools, universities and educational institutions across the world, focusing on changing the way we teach, as well as teacher and student well-being, to enhance education in this globalized 21st Century world

CONTACT

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