

# Mindful School Pathway

The pathway is an impactful, whole-school, wellbeing journey for your staff, students, and community.

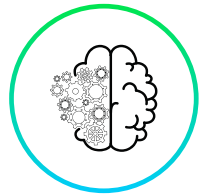


## Mindful Me

MMA train two or more of your staff to deliver a small-group, six-week withdrawal program to students experiencing mild anxiety. This valuable training is appropriate for school psychologists, chaplains, and interested teachers.

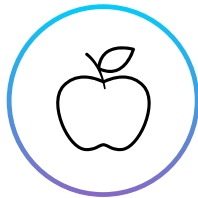
## Mindful Refresh

This half-day session provides a refresh for existing team members and introduces new staff to the Mindful School Pathway. An important part of keeping the momentum of the program.



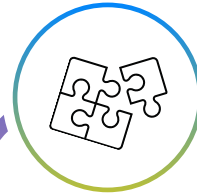
## Mindful Beginnings

A half-day staff wellbeing session covering secular, evidence-based, mindfulness and meditation techniques. This provides staff the opportunity to prioritise and enhance their own wellbeing before embarking on the MMA whole-school journey.



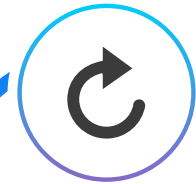
## Mindful Education

A three hour session for teachers outlining student self-regulation and the scientific benefits of mindfulness and meditation in the classroom. Staff are introduced to the MMA learning resources and how they align with the Australian Curriculum. In addition, our staff meet with your wellbeing team to help plan a sustainable whole-school implementation strategy.



## Mindful Community

This workshop creates buy-in from parents and caregivers by giving them a clear understanding of mindfulness and meditation. Our team highlights the importance of having the Mindful School Pathway in schools, and the benefits of bringing mindfulness and meditation into the home environment.



Get in touch

MMA professional support



# Mindful School Pathway - Costs

MMA is a small not-for-profit organisation that is philanthropically funded. This allows us to offer our services at a reduced cost so the financial impact on your school is minimized.

## Mindful Me

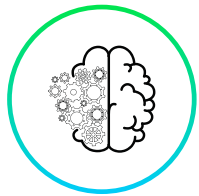
Our facilitator works with selected wellbeing champions to walk them through the delivery of this amazing withdrawal program.

**Cost of the half-day workshop and Mindful Me kit is \$450**

## Mindful Refresh

This half-day session is delivered approximately twelve months into your journey to induct new teachers and refresh existing team members.

**\$750 per session, plus \$30 for any additional MMA learning resources**



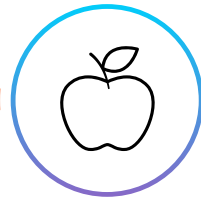
## Mindful Beginnings

MMA comes to your school for a half-day session where all staff are encouraged to attend.

**\$1,500 for the day, plus \$15 per staff member for resources**



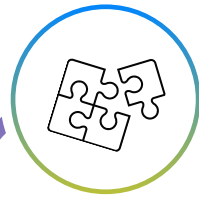
Get in touch



## Mindful Education

We work with you to find the best opportunity to come to your school and deliver this three-hour session for teaching staff and the wellbeing team.

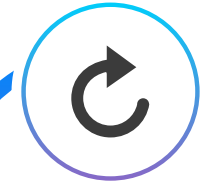
**\$750 per session, plus \$30 per staff member for the MMA learning resources (2 booklets)**



## Mindful Community

This community workshop is delivered by our team at the school or a venue nearby.

**\$450 per session**



Curtin University



Mindful Meditation Australia

MMA professional support