

MINDUP™

WHOLE-SCHOOL TRAINING IRELAND

Evidenced-based curriculum
promoting whole-school
mental health and wellbeing



WORKING TOGETHER TO CREATE A MINDFUL CULTURE WHERE CHILDREN CAN THRIVE AND BE HAPPY.

MindUP training is designed to enable whole-school implementation and support long-term impact. All school personnel, parents/carers and the wider school community are involved to help develop a mindful culture where children can thrive and be happy. Our framework provides knowledge and understanding of neuroscience, mindful awareness, positive psychology and mindful practices to effect positive change within the classroom and beyond, including MindUP at Home. A school that commits to implementing MindUP understands the importance of creating a positive ethos built upon shared values, placing wellbeing at the heart of everything it does.

Our team of MindUP consultants provide professional development and support, impact evaluation tools, progress reviews with senior leaders and workshops for parents/carers.

Implementing MindUP in your school is a process, your consultant will guide you through each stage.



**TRAINING CAN START AT
ANY POINT DURING THE
ACADEMIC YEAR**



WE PROVIDE

- Parent workshops
- Digital resources



**INCLUDES YOUR OWN CERTIFIED
CONSULTANT FOR 1 YEAR**

TERM 1 INTRODUCING MINDUP

A professional development day, in the form of a 6 hour comprehensive, on-site workshop, for all staff in the school. Introducing the 4 units and the 15 lessons of the programme. The training day is filled with practical examples, resources and implementation strategies to support teaching and whole-school practices.

From this day, your staff will be ready to start teaching lessons from units 1 and 2 of the programme.

TERM 2 DEVELOPING MINDUP

This is a bespoke training and development day that focuses on the successes and next steps of implementation. Your consultant will work closely with the designated MindUP lead in your school to guide staff and further embed MindUP into teaching and learning, extend practices beyond the classroom, and further promote the school-wide application of Mindful language in promoting positive relationships and interactions.

The format of the day:

- MindUP at Home, 1 hr workshop, aimed at providing parents/carers with information about the benefits of MindUP and how to apply some of the tools and techniques at home to support the whole family. Resources are available to help guide practices at home.
- MindUP Review, consisting of a selection of supportive and developmental activities to gather feedback, for example, learning walks and pupil and staff discussions. These are conducted jointly by your consultant and designated MindUP lead to identify current successes and inform areas for development.
- MindUP Twilight, 1-2 hr workshop, to action plan next steps to further embed MindUP across the whole school. Staff are introduced to units 3 and 4 to support the delivery of the remaining lessons of the programme.

TERM 3 REVIEWING AND PLANNING FOR YEAR 2 OF MINDUP

Evaluating impact and planning for year 2.

● MindUP Evaluation, prior to this visit, you will be provided with tools to capture your progress with implementation and pupil outcomes. Your consultant, designated MindUP lead, and a member of your senior leadership team will use the information gathered to complete an action plan for your second year and beyond, under the 4 key areas;

1. Leadership and management
2. Teaching and learning
3. Embedding beyond the curriculum
4. Sharing MindUP with parents, the community and other schools

● MindUP at Home, 1 hr workshop, provided to capture additional parents/carers who were unable to attend the previous workshop.

● MindUP Twilight, 1-2 hr workshop, to celebrate continued successes, reflect on impact and to identify sustainable implementation goals going forward.

OUTLINE OF COST

3-term professional development package €1500
(Curriculum guides and chimes to be purchased separately at €30 per class.)

To register your interest for the programme please complete our enquiry form

mindup.org.uk/enquiry-ire

SUPPORT BEYOND YEAR 1

(Fees apply)

In order to sustain MindUP in your school, it is important to develop the knowledge, skills and confidence of the whole-school community to help further embed MindUP into teaching and learning and daily routines.

Additional training and support packages are available facilitated by a MindUP consultant.

UNSURE AND NEED TO KNOW MORE?

Choose from the following options:

- Speak with the MindUP team
- Attend an information session
- View our case studies: mindup.org.uk/case-studies

For further information email Breda Kyne, Lead Training Consultant, Ireland.

bkyne@mindup.org.uk

MINDUP™

A PROGRAMME OF
**The GOLDIE HAWN
FOUNDATION**

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**“ I love MindUP!
It’s a way to focus
your mind, calm down
and reflect on a situation
when you need to
make a choice. ”**

- YEAR 6 PUPIL