



DUBLIN

*Mindfulness for Teachers:
a Hands-on Approach*

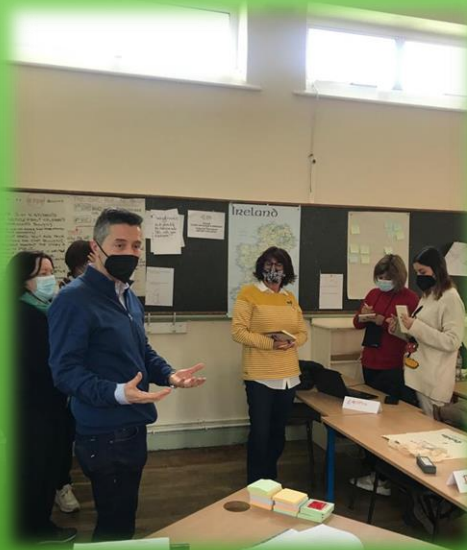


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**euro
pass**



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**Masters Degree in Sport Psychology
Degree in Applied Sports Coaching
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BE mindful

E + R = O

event

+



reaction!

ON
AUTOMATIC



=

outcome

BE / DO

response

DELIBERATE
DECISION



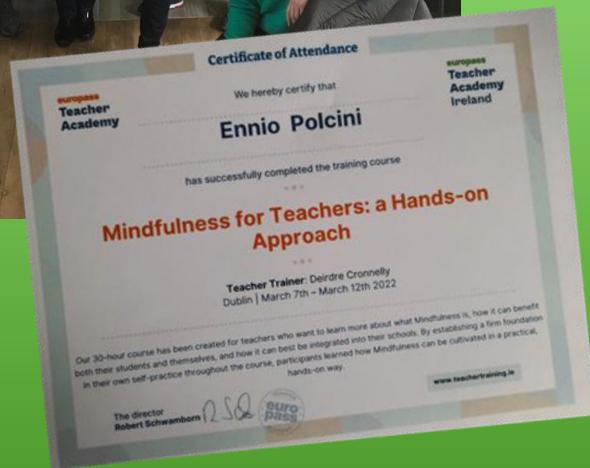
Sit down
Think
Organize
Proceed







Mindful eating & drinking



The End