

Train to share  
**THE PRESENT**  
for Schools  
**Online!**

*The Present is a Well-being and Mindfulness course for adults and children aged 3-12+ years old in a school setting. This training will give you the necessary confidence, skills and resources to share mindfulness, woven throughout the school day, connected to existing activities and learning, for yourself and the children you work with.*

- *8 x 2-hour sessions, weekly*
- *Online discussion forum throughout the course*
- *Connection with your local network of teachers where possible*

*Online training beginning on Tuesdays 5 - 7pm from 26th January 2021 (with a break for half term)*

*With*

*Emma Naisbett and Sarah Silvertown*

*Cost: £450 per person*

For more details and an application form please contact  
Sarah Silverton

[sc.silverton150@gmail.com](mailto:sc.silverton150@gmail.com) or

[sarah@thepresentcourses.org](mailto:sarah@thepresentcourses.org)

[www.thepresentcourses.org](http://www.thepresentcourses.org)