Mindfulness has been affirmed as a highly sophisticated way to bring a fuller appreciation to life, manage stress and develop both cognitive and emotional skills. John Hibbs has decided to test the relevance of mindfulness with eight year olds and the outcomes of this research will be presented within the workshop.

This workshop will:

- Explore mindfulness relating to our own personal practice and then the practical applications to children and young people both at an individual and class level
- Draw on John’s research and share the learnings relating to emotional awareness and resilience, cognitive awareness and social skills with children
- Be relevant to teachers, social workers, counsellors and psychologists working with children.

Please bring a cushion for mindful sitting - comprehensive notes will be provided.

FACILITATOR:

John Hibbs has worked as a Counsellor since 1997 and has a broad working experience of grief across the lifespan working with preschool age through to older adults, including people with a disability and Aspergers.

He is a full professional member of the NZ Association of Counsellors and has qualifications which include the Registered Psychopaedic Nurse Diploma in Counselling and the Diploma in Advanced Hypnotherapy. John is now engaged in a period of post graduate study investigating the practical application of mindfulness in a class context.

John has an active interest in creative therapies and links this to his approaches in grief work.

Venue and Time: Te Ngakau Waiora Mercy Spirituality Centre 104 The Drive, Epsom, Auckland—9.30am-5.00pm

Cost and Registration: $150 each, lunch included

Email: pd@skylight.org.nz or phone 0800 299 100 / 04 939 6767