

NURTURE AND THRIVE

A New Way of Thinking





Qualifications

- Primary Teaching with QTS (2009) – *York St John University*
- Integrating Mindfulness and Compassion in Professional Practice (2020) – *Mindfulness UK and CPCAB (Counselling & Psychotherapy Central Awarding Body)*
- Mindfulness and Compassion with Children & Young People (2020) – *Mindfulness UK*
- DBS Certified (2020)

*certificates available on request

Hello!

I'm Lauren, the founder of Rebranding Mental Health.

A qualified Primary Teacher with 12 years of classroom experience in Yorkshire and London. During my time in a leadership role at a diverse inner-city school I noticed the major lack of support for children's social and emotional needs.

As a result, I set up provision for the whole school and partnered with the well-known charity Place2Be to ensure children and staff had the support they needed. This is when I discovered my passion for mental wellbeing.

I believe there is so much value in children having the tools and resources to manage their thoughts, emotions and behaviour, which is why I later trained to teach Mindfulness and Compassion. Having witnessed the positive effects of mindfulness both professionally and personally, I now work across various education settings, the workplace and the community to provide accessible tools to help people thrive in this modern world.



Creating a Mindful School...

“Mindfulness means paying attention to what is happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness”. There has been an explosion of interest in mindfulness and it is now used across a range of sectors to improve mental wellbeing, personal relationships, performance in the workplace and physical health.

By continuing to bring attention to the present moment, the brain forms new connections which calms the reactive part of our brain so we can respond in a healthier, kinder way.

Not only does teaching mindfulness in schools support the wellbeing of our educators, who are fuelled with passion to shape the future of the next generation, but it provides those children and young people with a prevention strategy to keep them well, both mentally and physically. All the practices are developed to fit into the hectic school timetable and, with openness and curiosity, change the future for the next generation.

Imagine a world where all children and young people learn to develop healthier, more compassionate responses to their own experiences, as well as to events in their lives and the people around them.

*If you would like to find out more information about mindfulness in education, please refer to the Mindful Nation UK Report (pages 30-36)

Our Whole School Approach

1. Educators

We always begin by training the staff first; providing teachers, leaders and support staff with the opportunity to experience the benefits of mindfulness themselves. Having this knowledge and awareness will ensure they are able to manage their own mental wellbeing and provide a model for the children with confidence and understanding.

2. Children and Young People

We work with children and young people by modelling and teaching mindfulness in a creative and engaging way. This enables students to develop skills of resilience and confidence so they are equipped with effective tools when facing challenges. The sessions are differentiated to suit the needs of the learners and we always bring a sense of fun as they explore their thoughts and feelings.

3. Parents and the Wider Community

Inviting the parents to be part of the school's mindful culture can create a real sense of community. Providing accessible resources and new ways of communicating with children at home as well as using the practices themselves to improve their wellbeing.

How We Can Help

All our sessions are based on the needs of your team of teaching staff and the children in your school. We understand that every school is different.

Initial Consultation	Mental Health Toolkit	Mindfulness for Educators	Mindfulness for Children	Mindfulness for Parents
<p>We work with you to find out how we can build mindfulness into your school culture and identify any key areas of development.</p>	<p>We offer an interactive toolkit session for staff which raises awareness of Mental Health and provides simple tools for inside and outside the classroom.</p>	<p>These bespoke sessions are for teaching staff to fully experience the benefits of mindfulness. Including breath awareness, body scans, mindful meditations and mindful movement.</p>	<p>We teach differentiated mindfulness sessions to all age groups, providing short activities which can easily slot into the school day, bringing a sense of calmness and kindness to the classroom.</p>	<p>We also offer workshops for parents and work with families who may benefit from sessions with their children.</p>

Benefits

For Educators

- Reduce stress level and anxiety
- Improve focus and productivity
- Greater resilience
- Better classroom management
- Improve professional relationships
- Improve mental and physical wellness

For Children and Young People

- Be part of a calm and nurturing environment
- Feel calmer and think more clearly
- Learn to self-regulate emotions
- Improve focus and problem-solving skills
- Promote a sense of connection, belonging and community
- Boost self-esteem and confidence
- Manage challenging behaviours

For Parents and the Wider Community

- Improve family relationships
- Promote a sense of connection
- Create a calm and balanced home life
- Reduce stress and anxiety
- Improve mood and happiness
- Feel calmer and think more clearly

Say hello

If you would like to bring mindfulness to your school, we would love to hear from you. Reach out to arrange your initial consultation.

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