

MINDFULNESS & MEDITATION

“We are better able to *care* and *educate* others
when we are able to do so for *ourselves*”

The Resilience Project
is excited to launch a
Mindfulness and Meditation program

The program will be delivered by
experienced mindfulness educator
and former teacher **Kasey Frawley**.

Sessions are offered to both staff
and students providing them with
highly engaging practical strategies
to practise mindfulness.



STAFF SESSIONS

- This session is about you!
- Relaxing the body and calming the mind
- Interactive and practical session
- Learn concepts and skills to take into your classroom and own personal life

STUDENT SESSIONS

- A proactive program to enhance students mental health and wellbeing
- Equip students with skills to better manage their emotions, stress and build resilience
- Encourage students to become calm, clear, content and happy

Participants will leave feeling relaxed, recharged and **supported** with **techniques and strategies** to continue to make mindfulness a part of their every day.

PROGRAMS

“Meditation is *so much more* than an eyes closed experience.
It’s about learning to *live* when the eyes are back *open*”



PROGRAM ONE

- 1 x 90 min staff session (Up to 60 staff)
- 6 x 60 min student sessions
- Primary (Up to 25 students per session)
- Secondary (Up to 40 students per session)

COST OF PROGRAM

- Staff session - \$700
- Students sessions - \$450 per session
- Total Program Cost - \$3,400

PROGRAM TWO

- 1 x 90 min staff session (Up to 60 staff)
- 4 x 60 min student sessions
- Primary (Up to 50 students per session)
- Secondary (Up to 80 students per session)

COST OF PROGRAM

- Staff session - \$700
- Students sessions - \$500 per session
- Total Program Cost - \$2,700

PROGRAM THREE

- 1 x 90 min staff session (Up to 60 staff)
- 1 x 60 min student session
- Primary (Up to 50 students per session)
- Secondary (Up to 80 students per session)

COST OF PROGRAM

- Staff session - \$700
- Students sessions - \$550 per session

* Note: Single staff and student sessions are also available.

TO BOOK A PROGRAM CONTACT: bookings@theresilienceproject.com.au

THE RESILIENCE PROJECT

theresilienceproject.com.au | enquiries@theresilienceproject.com.au