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Our Programmes

Do-BeMindful work with education staff because we know that they often go above and beyond in their schools and settings. We empower them to take ownership of their wellbeing through our workshops and evidence-based programmes. We then support staff in improving the social and emotional wellbeing of their pupils with our programmes for early years, primary and secondary pupils.

Over 2000 educators have completed our staff wellbeing programme which aims to help them to find calm in the chaos and manage stress through simple but powerful strategies and mindfulness-based exercises.








Do-BeMindful.com

Hi Fiona,

You did it – you've completed the first Do-BeMindful module. Give yourself a nice pat on the back!

Now just a head's up, your practice may not always be easy or nice....

"Yesterday my meditation was easy and today it was hard: what am I doing wrong?"

Outlook

Do-Be-Mindful

From Headteacher Kirklandpark Primary <headteacher@kirklandpark-pri.s-lanark.sch.uk>

Date: Tue 29/08/2023 14:54

To: Mr Hepburn <gw11hepburnalan2@glow.sch.uk>; Mrs Gray <gw10grayamanda@glow.sch.uk>; Mr Muircroft <gw23muircroftgregor@glow.sch.uk>; Miss Mackenzie <gw12mackenziefiona@glow.sch.uk>; Mr McPhilemy <gw10mcphilemyscott@glow.sch.uk>

Hi everyone

Part of tomorrow night's CAT will focus on Do-Be-Mindful training. You will be able to login if you Google 'Do-Be-Mindful' and enter the website.

You will be able to login to your account by entering your glow email address and the password Breathe2023!

Thanks
Dawn