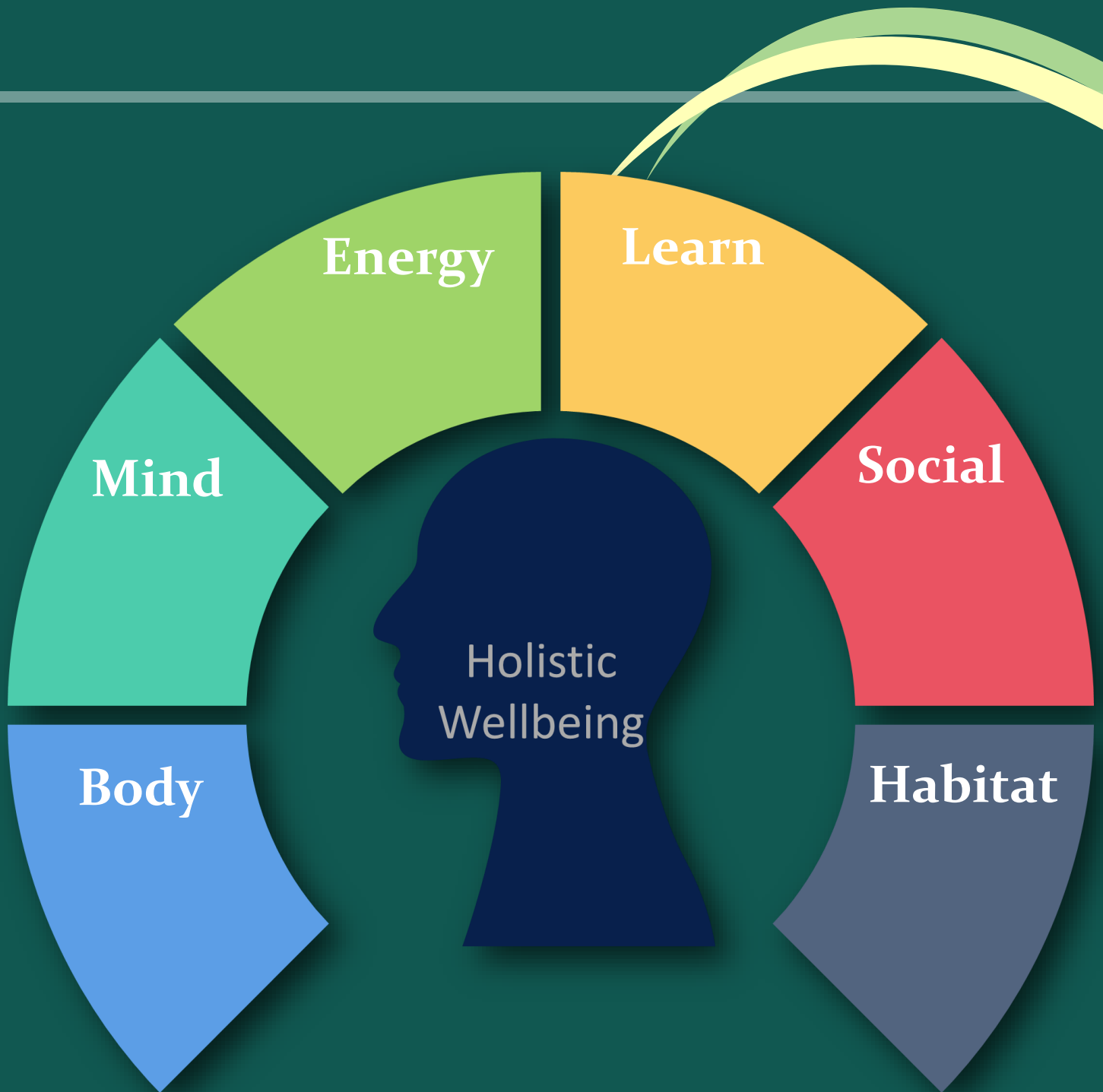


WELLBEING FOR THE EDUCATION SECTOR



Anna Gibson-Steel@

HOLISTIC CENTRE OF EXCELLENCE

[Www.hcoe.ie](http://www.hcoe.ie)



Programmes Available

- UNDERSTANDING YOUR CHILD'S ANXIETY
- SUPPORT YOUR CHILD AT EXAM TIME
- STRATEGY FOR EXAM YEAR
- HOW TO EXCEL AT YOUR EXAMS
- MENTAL FITNESS-BUILDING RESILIENCE
- LEAVING CERT SUPPORT PROGRAMME
- PRIMARY SCHOOL PROGRAMMES
- UNIVERSITY STUDENT PROGRAMMES
- TEACHER/STAFF PROGRAMMES
- RESTORATIVE RETREATS
- WORK RELATED STRESS & ANXIETY
- FINDING PEACE IN A TROUBLED WORLD
- TEAM BUILDING
- MEDITATIONS
- ONLINE SUPPORT PROGRAMME
- MENTORSHIP OPTION
- HOLISTIC WELLNESS MANAGEMENT
- TRAINING ON-SITE WELLNESS MANAGERS

WELLBEING FOR THE EDUCATION SECTOR

Workshops specifically designed for Teachers/Parents/Students

Our programmes are Holistically created to provide a real-time experience of Stress Reduction for each participant. Whether it is a group of Teachers, Parents or Students, our attendees report feeling significantly better after even just one of our 2 hour presentations. Anna Gibson-Steel has been creating workshops for over 20 years, and her vast experience with Holistic Wellbeing Education and Private Clients underpins her light-hearted presentation manner. Her passion for the field is contagious, and she believes that we learn best while having fun. Her interactions with audiences allows each member to have a real-time live experience of stress reduction. This moves her presentations from information sharing to what she considers to be a real learning experience that will not be forgotten. Learning experientially goes beyond just data learning of the mind and Holistically teaches by including the physical and emotional body at the same time.

FLEXIBLE SOLUTIONS FOR YOUR NEEDS

Each of our Programmes can be tailored to any time/venue

We thrive on creating new aspects to add to any of our existing programmes based on requests from our clients. For example:- a group of Leaving Cert Students from one Youthreach Group (2nd chance education), required specialised elements in their 6 week programme to address a range of issues such as students living in highly challenging homes, staff coping with emotional outbursts and negative peer pressure. We created special interactive exercises and information to best support this group and their school.

SELF-SUFFICIENCY

Train Your Own In-House Wellbeing Ambassadors

Holistic Centre of Excellence is a private Third Level College, and we are passionate about sharing the benefits of Holistic Wellbeing. To date we have trained over 600 Therapists and over 40 Holistic Therapy Teachers. We are in a position to offer trainings to Teachers in Education Centres so that the centre may become self-sufficient. We also offer Mentoring to our Graduates, to assist in supporting and keeping our Graduates up to date with new developments. We can train Teachers to deliver Wellbeing Programmes such as Mindfulness, Energy Balancing, Stress Reduction, Dietary/environmental health advice etc within their own organisations.

Principles, Teachers & Students Feedback

Principle Second Level School

There were numerous opportunities for interaction and this enriched the learning all the more both cognitively and inter-personally. I have no doubt the young people who took this training with Anna are benefitting greatly & the experience will help them hugely in their developmental journey

GM Adolescent Psychotherapist

This workshop proved a tremendous help in facilitating the students in Leaving Cert to focus on the importance of formulating their own study plan. The session focused on preparation, planning, goal setting and making the necessary clearances in their personal lives for study, and has left it much easier for the teaching staff to convince the students of making the required commitment. Anna worked in a very skillfull and caring manner.

Year Head for Leaving Cert Students

There was an excellent balance of fluidity in delivery-formal input, the visual and experiential engagement. Anna displayed excellent skill in attuning herself to the young people's worlds. The level of participation in discussion and the interest & curiosity shown was evidence of Anna's relational contact. Comments from the students during & after clearly showed how much they enjoyed & learned it.

Primary School Principle DEIS School

6 week programme – all classes attended in rotation – 40 min sessions.

Objective– Help children deal with worries, negative emotions before they became physically manifested. Yard-time was a particular concern. **Method**-Children were taught mindfulness, guided through calming exercises. Kindness initiatives were created . Teachers were included in the training. Strategy game used to learn impact of behaviour & responses. Fun charts were created to gather feedback. **Results**– This programme lead to a marked change in school behaviour. Yard time changed dramatically and very few complaints were registered by the staff and children. This was a truly positive experience that the children absolutely loved and thoroughly enjoyed. I really do think this programme should be implemented in all schools.

University Students Feedback

Workshop created for University Teaching Students to cope with stress before going on placement

“Should be more classes like this in college, this should be in the B.Ed syllabus”

“Will definitely bring this with me in my teaching career”

“Practical solutions were excellent –not the typical eat well, sleep well lectures we are used to”

“This was the most insightful lecture I have ever had”

University Medical Staff Wellbeing Programme

“Trainer was excellent, would love more time”

“Fantastic Training”

“Absolutely Excellent”

“Brilliant, would love to learn more”

“Loved Anna's Energy, content, conviction, she spoke to our hearts, bodies and minds”

“Feeling so chilled and tomorrow starts now!”

Second Level Students Testimonials

“ I found it fascinating, amazing, this class should be done more”

“It explained stuff I didn't know and was very helpful”

“It was very interesting and fun to do”

“ I loved how it taught me to stop stressing about “stuff””

“The time flew by, I would have liked to learn more”

“ I got to escape from my problems and relax for all of the class”

Programmes for All

| Title | Teachers | Parents | Students |
|--|----------|---------|----------|
| Work Related Stress & Anxiety Management | ✓ | ✓ | |
| Team Building | ✓ | | |
| Finding Peace in a Troubled World | ✓ | ✓ | ✓ |
| Understanding Your Childs Anxiety | | ✓ | |
| Supporting Your Child at Exam Time | | ✓ | |
| Support Your Exam Child for the final Year | | ✓ | |
| Strategy for Exam Year | | | ✓ |
| How to Excel at Your Exams | | | ✓ |
| Mental Fitness-Building Resilience | ✓ | ✓ | ✓ |
| Primary School Wellbeing | | | ✓ |
| Leaving Certificate Support Programme | | | ✓ |
| Managing Stress & Managing University Life | | | ✓ |
| Meditation & Mindfulness | ✓ | ✓ | ✓ |
| Holistic Wellbeing Management for Staff | ✓ | | |
| Wellbeing Ambassador Trainings | ✓ | | |
| Mentorship Programmes | ✓ | ✓ | ✓ |
| Online Support Mental Fitness Programmes | | | |
| Restorative Retreats-in-house or off-site | ✓ | | ✓ |

Anna Gibson-Steel @Holistic Centre of Excellence.com

To book a Wellness Programme please contact our Events Manager -peggy@hcoe.ie

www.hcoe.ie 087-2523391 info@hcoe.ie