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for ASCD (Singapore)
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for membership

Association for Supervision and Curriculum Development, Singapore
presents

An Introduction to
Mindfulness in Education
By Dr Cheah Yin Mee

On **Friday, 30th June 2017**

at **3.30pm to 4.30pm**

(registration starts at 3.00pm)

At **Lifelong Learning Institute, Training Room 1-1**

11 Eunos Road 8. Singapore 408601 (5 minutes' walk from Paya Lebar MRT Station)

About the Talk:

An increasing number of research studies has shown the potential benefits of mindfulness practices for students' physical health, psychological well-being, social skills, academic performance, and more. Other studies have indicated that mindfulness may be effective for reducing stress and burnout in teachers and administrators as well.

However, mindfulness as a practice is relatively new to many educators here. In this 1-hour talk, I will explain what mindfulness is all about. I will look into the history of mindfulness and show how neuroscience research supports mindfulness practices. We will also look at how mindfulness practices can support the SEL (social emotional learning) curriculum.

The Fees:

This Talk is **FREE for ASCD (Singapore) members**. Non-Members will need to pay \$30 as membership fees. The fees will include handouts, light refreshments and a fulfilling afternoon.

Confirmation of Attendance:

We will need your Name, Telephone Number & Email address by 20 May for catering purpose please:

- By email to: ascd@work-solutions.com
- By SMS or Whatsapp message to: **+65 96816704**

About Yin Mee:

Yin Mee began meditation lessons in 1998 but was never able to sit down long enough to practise. Her contemplative life, however, resumed with yoga more than 9 years ago. She has maintained a regular practice for more than 4 years, and having been a failure for so long, she can share her personal struggles and the steps to beginning and maintaining a practice.

Yin Mee has trained with Mindful Schools of Oakland (mindfulschools.org) and done a course in Mindfulness Based Cognitive Therapy (MBCT). Yin Mee brings more than 39 years of teaching and teacher education experience into her new mindfulness practice and hopes to inculcate in all a sense of happiness, compassion, and gratitude through mindfulness.

