



Mindful Teacher Partner Programme (MTPP)

Mindfulness based teacher training for school teachers

Exclusive Certification Program

Today's classrooms have lost life and the relationship between the teacher and student is a mechanical one. Teachers are increasingly finding it challenging to address the ever changing dynamics of today's learning environment, behavioral aspects of children, changing socio-economic profile of students, technological invasion, and substitution, parental pressures, highly competitive needs and an ecosystem that fosters competition among schools to attract more students and produce best results. These have resulted in, teaching becoming a highly stressful job, young teachers find themselves lost on how to manage classrooms effectively and experienced teachers are challenged to adapt to the changed learning environment!

Mindful Teacher Partner Programme (MTPP) addresses all these challenges in the most effective & simple way to make classrooms more engaging, interesting and learner oriented. It incorporates new dimensions in the areas of understanding through awareness, learner centric, provides insights on how to foster collaborative learning ideas & strategies by recognising, knowing and understanding change and how to accurately respond to it. Further, it unravels how to nurture innovative ideas to transform classrooms into innovative & creative learning places within the existing systems!

Key Highlights...

- ✦ A mindfulness based program to first understand the self and then how to reflect it out
- ✦ Use awareness as the most potent tool to recognise, learn, understand and learn yourself and your students
- ✦ An insight into how the mind works and how to use it to make your connect with learners in an effective way
- ✦ Learn & understand the creative ecosystem and how to transform your classrooms from production to reproduction within system.
- ✦ Learn what works and how to use it to communicate better, resulting in better classroom management
- ✦ Learn and apply Project Based Learning (PBL), Inquiry Based Learning (IBL) and Alternative Learning Methods (ALM) through mindful learning & Dance and Movement Based Learning (DML)

KarmaEngineering

- ✦ Know & understand how your existing knowledge & thinking is affecting you in the present and now
- ✦ Awareness - learn how to be in the present and now to continuously learn and adapt to the changing dynamics
- ✦ Choiceless observation - don't let your past conditioning to come in the way of new learning
- ✦ Unlearn - How to overcome your past learning

PowerLife

- ✦ Images - What makes you emotional and how it challenges your role as a teacher.
- ✦ IBL - how to inculcate and use IBL
- ✦ Dependency - how not to be caught
- ✦ How to develop concentration, focus, attention, memory and awareness
- ✦ How to have a conflict free relationship with your learners

ThoughtEngineering

- ✦ How to think without words - towards innovative classrooms
- ✦ Solutions oriented communication vs problem oriented communication
- ✦ The thinking teacher - how to get the attention of your learners

SelfEngineering

- ✦ The new teacher
- ✦ PBL - create the innovative ecosystem
- ✦ DML & ALM - the alternative thinking systems



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