



# *St. Nicholas Montessori Teachers' Association*

*Supporting Montessori Education in Ireland*

— 1970-2015 —

## **MINDFULNESS MATTERS**

**Living in the Moment**

**27th-28th November 2015**

**Hilton Hotel,  
inchicore Road, Kilmainham  
Dublin 8**



# MINDFULNESS MATTERS

## LIVING IN THE MOMENT



### FRIDAY 27TH NOVEMBER

7.00pm Registration

7.15pm Welcome

7.20pm **The Psychology Of Bouncibility: How To Build Resilience Within Ourselves**  
**Speaker: Shane Martin Reg.Psychol., Ps.S.I.**

Life is an imperfect journey and crisis is guaranteed. Resilience is the ability to adapt to the challenges of work and life. It's about bouncing back rather than falling apart. It's about staying standing during the storms of life. If you are strong in resilience you have this 'bouncibility' and can harness your inner strengths and coping mechanisms.

Through ongoing cutbacks and changes the intensity of ever increasing challenges is very real. More challenges may lie ahead. Science has uncovered specific traits/factors that can be utilised at work and in our lives in general. This seminar will explore the science of resilience and highlight evidence-based strategies linked to better outcomes during changes and challenges.

### SATURDAY 28TH NOVEMBER

9.00am Registration

9.15am Welcome & Official Opening  
**Dr Margaret Rogers**  
National Manager of Better Start -The National Early Years Quality Support Service.

9.45am **Anne Twohig** 'Mindfulness Tools for Daily Life.'

11.00am Coffee Break

11.30am **Anne Twohig**  
'Falling Awake Inside the Mindfulness Practice'

Comfortable clothing for the Mindfulness session along with bringing a blanket/sleeping bag and a yoga mat recommended.

1.15pm Lunch

2.15pm Workshops

**Workshop One - The Creative Self**  
**Presenter: Orla Kelly**

**Workshop Two - Lift Your Voice, Raise Your Spirit.**

**Presenter: Jennifer Grundulis**

**Workshop Three - Yoga: Mindful Movement and Breathwork**  
**Presenter: Lara Dunlea**

3.45pm Closing Ceremony

# SPEAKER PROFILES

## **Shane Martin Reg.Psychol., Ps.S.I.**

Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. His 'Moodwatchers' self-help psychology course has been delivered at community venues throughout the length and breadth of Ireland. He has been a keynote speaker at numerous national and international conferences on a range of topics around empowerment, recovery and happiness.

He is a leading psychologist within the area of education having visited hundreds of educational institutions nationwide working with management teams, teachers/lecturers, students and parents promoting a psychology of health, happiness and resilience.

He lectures part-time in DCU and has provided training to many of Ireland's leading business organisations within the public and private sector. He has delivered training to health professionals of various disciplines throughout the country.

Shane is a published poet of two collections - The Dark Room and Stilling the Dance of Time. He is currently working on his third collection entitled Thin Lines. His first self-help psychology book entitled 'Your Precious Life - How to Live it Well' is due to be published January 2016 by Orpen Press. More information available on [www.moodwatchers.com](http://www.moodwatchers.com)

## **Anne Twohig Centre for Mindfulness Ireland**

Anne Twohig is a Teacher of Mindfulness Based Stress Reduction Programmes (MBSR) for the past 10 years. She trained with the Center for Mindfulness, (CFM), University of Massachusetts Medical School (UMass). She is the first MBSR Teacher in Ireland to achieve Certification from UMass and is now a Faculty Member on their professional Teacher Training Team. Centre for Mindfulness Ireland is the host organisation for CFM Teacher Trainings in Ireland.

Teaching Mindfulness and MBSR has brought Anne in contact with a variety of areas within society, business, health care and education. These areas include corporate business, primary and secondary

education, health care professionals and providers, recovering addicts, the Irish Prison Service and many other organisations. She has a special interest in self-care for health care providers and she includes teachers in this. Anne is an awardee with Social Entrepreneurs Ireland for her work in Mindfulness in Education.

Prior to becoming a Mindfulness Teacher, Anne founded and ran two businesses specialising in golf event management and international corporate golf tours to Ireland. Her work is now fully dedicated to teaching mindfulness and in training and mentoring future MBSR teachers both in Ireland and abroad.

## **Workshop One The Creative Self Presenter: Orla Kelly**

Imagination is something that we are all born with. Creativity is how we engage our imagination. Through our everyday commitments we can forget that we have an immense capacity to invent, imagine and create. This leads us, sometimes, to feel that we are not creative and apologise for not being so. This interactive and creative session aims to lead us back to our creative self, giving us food for thought and fuel for creative engagements with children.

Orla Kelly is the co-founder and director of Early Childhood Creativity, an initiative that aims to stimulate creative thinking in early years children and their parents, and to support artists and educationalists to develop specific and creative ways of working with early years children (0-6 years).

Orla is a visual artist, creative educationalist and arts manager. She has worked with children for over fifteen years creating work in Ireland and Europe. Orla is currently working in partnership with Fingal County Council and Scoil Bhride Cailini in Blanchardstown, as artist-in-residence in Room 13. Room 13 is a unique Arts in Education programme that aims to establish art studios and encourage intellectual diversity in primary schools. Orla's own education includes a Diploma in Psychology from Maynooth, a Degree in Fine Art from Limerick College of Art and Design and a Masters in Management of the Arts from Anglia Ruskin University, Cambridge.

## Speaker Workshop Two- 'Lift Your Voice, Raise Your Spirit.'

### Presenter: Jennifer Grundulis

This workshop explores the ability of music and singing to improve mood and overall health. Participants will be encouraged to vocalise and sing with the facilitator and given tips on improving their breathing and projection (important for all teachers!) in a positive, and non-judgmental environment. No singing experience necessary. Come as you are!

Jennifer Grundulis is a Speech and Language Therapist by day and a choir director by night. Jennifer is the director of the all-female gospel/inspirational choir A Glór Gospel and the Move 4 Parkinson's Voices of Hope. She has over 10 years' experience directing choirs with a focus on music with positive, life empowering messages.

## Speaker Workshop 3 "Yoga: Mindful Movement and Breathwork"

### Presenter: Lara Dunlea

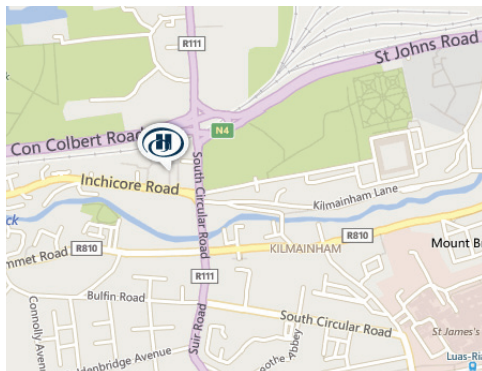
In this workshop, participants will be invited to work with movement and breath in a gentle, nurturing exploration of yoga techniques aimed at quietening

the mind and bringing about a sense of peace and well-being at every level - physical, emotional and spiritual.

Lara Dunlea is a certified adult and children's yoga teacher with a background in Psychology and in Montessori education. Having completed an honours degree in Applied Psychology in UCC in 1993, Lara worked in the publishing industry for several years before attending St. Nicholas Montessori College, Dun Laoghaire, Co. Dublin, in 1999 to undertake a postgraduate diploma in Montessori education. Her subsequent experience teaching children at preschool level and students at third level at St. Nicholas Montessori deepened her understanding and respect for the wisdom of the Montessori philosophy and its similarities to aspects of yoga philosophy that she has studied down through the years.

Since 2009, Lara has received qualifications in a wide range of yoga disciplines from such bodies as Yoga Therapy Ireland, YogaWorks and Radiant Child Yoga, and she has now made yoga her full-time career, teaching classes and workshops to individuals of all ages on a weekly basis and participating on teacher training programs as a guest lecturer in yoga philosophy.

## Montessori Suppliers will be attending the conference



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### Hotel Rates (B&B):

€119 (Single Occupancy)

€179 (Double Occupancy)

**Car Parking:** €5 per day