



**Maynooth
University**
National University
of Ireland Maynooth

Mindfulness as self-care in professional practice: a professional development opportunity for Adult Educators and Adult Guidance Counsellors

Introduction

The Department of Adult and Community Education, Maynooth University is hosting an 8-week CPD programme which will offer an opportunity for alumni of the Department who are practitioners in the field of adult education and adult guidance counselling to learn about Mindfulness and to develop their own mindfulness practice.

Adult education and adult guidance counselling are rewarding and demanding vocational choices. We work to animate change in individual lives and in the wider society, enacting and embodying a commitment to values of equality and justice. In our work lives we find ourselves in the midst of challenging experiences and stories, and we extend our hearts and minds to support the people we work with, often at a cost to ourselves that our institutions don't recognize, reward or support. There is a sense in which self-care can seem like another demand on our time and energy, another task on top of the stresses of our work.

What is Mindfulness?

Mindfulness offers us a vision of self-care, and a set of practices and dispositions, that can support our own growth and development, our own adult learning. We can learn how to ground ourselves in the present moment with curiosity and openness, and to relate to ourselves and to our own experience with kindness and compassion. In this way we can nurture a freedom to be with whatever is, in a way that supports us in the midst of the challenges and demands of daily living. Mindful practice can support us to be present to ourselves at one and the same time that we are present to others, and to the myriad demands on our time, attention and care throughout our days. This CPD opportunity will follow the core curriculum of the Mindfulness Based Stress Reduction (MBSR) programme as developed by Jon Kabat-Zinn and will introduce you to the core formal and informal mindfulness practices and their role in helping us to respond in a constructive way to the stresses and strains we experience. It will offer you an opportunity to develop skills and perspectives associated with Mindfulness as an approach to well-being in a way that is directly applicable in your own personal and professional lives and contexts.

Over the 8 weeks you will learn the core practices, attitudinal foundations and theoretical constructs associated with Mindfulness as a support to developing your own mindfulness practice and self-care. You will learn about your own habits of reacting to the demands of life and work, and about the filters that colour how we see ourselves and the world.

Please note that programme will require a high degree of commitment both in the group and in home practice. In order to develop a stable practice and to derive maximum benefit from the practices, a commitment to 30-40 minutes daily practice is recommended. The learning is suitable for people who have an existing mindfulness practice and those who have none.



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The programme will be hosted online on Zoom over 8 weeks on **Tuesday evenings** from 7.00pm to 9.30pm from October 11th until December 6th, 2022 (with a break on November 1st). There will also be a full day of mindful practice on Saturday 26th November from 10.00 until 4.00pm. The fee is €200.

Facilitator

The facilitator of this CPD programme is David Mc Cormack, who co-directs the suite of Guidance Counselling courses in the Department of Adult and Community Education. He is a long-term practitioner of mindfulness meditation and has been training as a teacher of mindfulness with Bangor University and with the Centre for Mindfulness Ireland for the last 10 years.

Application details

If you would like to participate on the course, please contact David to arrange for an initial conversation which will orientate you to the programme and ensure that you have a clear understanding about the nature of the programme and its suitability to you at this time.

For further information, please contact David at:

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