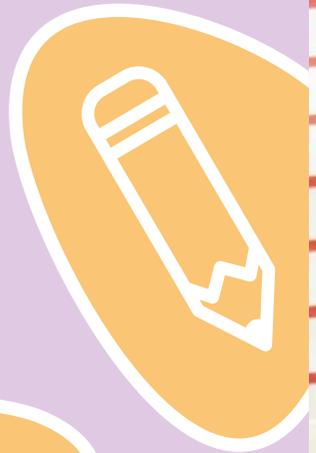


beanddo
for education



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Making Happy Work

A guide on what **beanddo** can do for your students your colleagues and You.



beanddo

mindfulness
meditation
training for
business, for
education,
for life.

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Welcome

beanddo education. We can all achieve...

beanddo partners with forward thinking schools, colleges and universities to help them further promote and develop, student and staff wellbeing and creativity, through bespoke meditation and mindfulness practice.

Stress and anxiety is the number one threat to learning, academic attainment and creativity. High stress levels also affect teachers and educators resulting in exhaustion allied with a high rate of professional absenteeism and lost teaching days.

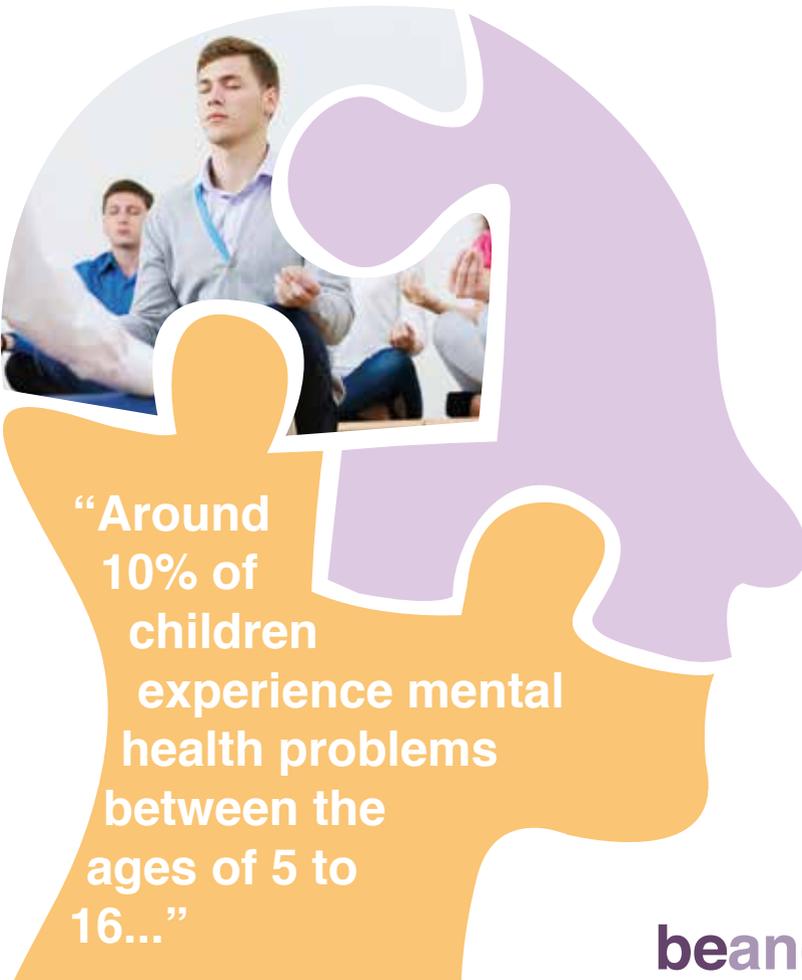
Growing mental health crisis in the UK

According to the recent UK Government All Party Report on Mindfulness,* UK schools are experiencing an, ‘alarming’ mental health crisis. Around 10% of children experience mental health problems between the ages of 5 to 16 (approximately 3 students per class). The number of students between 16 to 18 suffering from depression has doubled in 20 years.

Given this rising trend it is clear that good levels of attainment, self-esteem, and wellbeing are

* *Mindful Nation UK Report. The Mindfulness All-Party UK Government Parliamentary Group published in October 2015*

under threat. The report recommends that there is a real urgency and good evidence now to innovate new techniques such as regular meditation practice, allied with curriculum strategies to help balance being and doing, reduce intense stress, build achievement and make happy work.



The Benefits

UK studies have shown that a well designed programme of meditation, as part of the school day and linked with a wider teaching strategy will result in:

- Improved cognitive function such as memory, problem solving and planning
- Improved meta-cognition, flexible thinking and creativity
- Increased emotional stability, self-awareness and self-regulation
- Reduced stress and anxiety
- Better sleep, improved self-esteem and calmness
- Improved energy, focus and concentration.

Of particular interest are recent findings that regular meditation incorporated as part of the school day will impact on negative student behaviour such as impulsiveness, distractions, bullying and attention disorders.

Studies in the US have shown that school-based meditation programmes also helped reduce teacher burn-out and sickness.



The Process

Meditation is easy to learn and simple to do. Our training programme is based on a simple systematic process designed to help people gradually understand the science, the techniques and practice of meditation so that they can be directly realised and applied in day-to-day life. All training is done with an experienced meditator and teacher- it has been done this way for 1000's of years so we know it works.



There are three stages of **beanddo** training and practice.

1

Designing – Developing Awareness

We start with a series of guided relaxation, breathing and mental techniques that are designed to enhance attention, focus and awareness of ourselves as a body and mind in the here and now. Even this simple first step will reveal for some individuals new profound and calming experiences allied with new ways of knowing themselves, possibly for the first time.

2

Building – Meditation Training

Once we have established some inward techniques we move onto simple meditation practice. As with all **beanddo** programmes, they will be carefully guided to further deepen insight, managing thoughts and attention towards a direct experience of being and doing into one experience. This is the very goal of meditation and the source of our creative flow.

3

Inhabiting – Meditation in Action

This last element explores how, using the right techniques we can apply the insights gained through meditation practice to the task and events we experience in daily life. Emphasis here will be on meditation in action, creativity promotion, flow, increased energy and a deeper sense of being and doing aligned with purpose and wellbeing.



What we can do

We can offer a range of different interventions that can be easily built into the teaching day or aligned with a particular curriculum objective. We can shape the **beanddo** process in many ways to suit your particular needs. For example establishing meditation in education can be done not only as a quiet sitting time but also in action via creative workshops of being and doing such our popular mindful workshops **Happy Spontaneous Me™** and the **Art of Getting It Down on Paper™** drawing and writing workshops designed to open up and explore creative flow. The key here is to be engaging and inventive in how we can support young people and those who work with them in developing basic mindfulness skills and techniques to be used day-to-day.

Key elements we can offer are:

- A regular quiet time (up to 15 minutes a day) completed as a rolling programme across the day
- Direct staff training to help them develop basic meditation skills together with how they in turn can use it themselves in class
- Regular weekly sessions of up to one hour working with key year groups
- Special teaching events and workshops where **beanddo** can help lead creativity promoting mindfulness writing, music, design and arts production all designed to help students open up to their innate creative opportunities and potential.

What do we need

A quiet, undisturbed room and chairs with backs. Any classroom will be fine. There are no awkward positions to adopt or strange unusual practices to learn. Meditation requires minimum intellectual effort.



About Mick Timpson



CEO & Founder of beanddo

Mick is dedicated to helping people discover their true value and experience the ability to create a creative, meaningful, and happier life.

Mick uses his highly engaging and creative teaching skills to help build space for people to have individual insights, and from there, anything is possible.

He is passionate about human potential and once people get it, says Mick, they begin to design for themselves a new strategy for change within themselves wherever they are and in whatever they do.

As well as schools, Mick works with business and individuals to help reveal previously hidden potential. This in turn improves productivity and reduces stress and pressure. The intention is to strengthen resilience, and creativity that in-turn opens up innate joy and happiness.

Mick is an award-winning architect, artist and Senior Yoga Professional with the Yoga Alliance. He has designed new communities all over the world, taught architecture at a number of universities, is an external examiner at Manchester School of Architecture and has led successful design businesses. Mick is CEO and founder of **beanddo** and owner of the YogaLife Project, a Social Enterprise teaching real yoga, for real people who live real lives.

You may also like...



beaddo community

Regular meditation in your life is vital to establish personal wellbeing and reduce anxiety.



beaddo for business

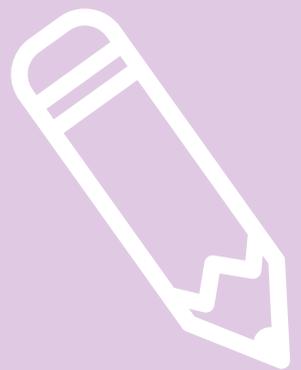
The most effective business tools for the twenty-first century business are meditation and creativity.

beanddo is an innovative and unique enterprise offering meditation programmes for business, education and life. We deliver simple jargon-free contemporary meditation for everyone which when practiced, developed and embedded into daily life will help give access to your personal inbuilt, natural technology to make happy work...

For more information
please go to:

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