

## ECPP 1/2 DAY PRE-WORKSHOPS ON JUNE 29<sup>TH</sup> (09:00-12:00)

### ***A Flourishing Future: Mindfulness and positive psychology activities for young people that elevate, inspire, and empower.***

#### **Facilitator:**

Michael Bready, Founder and Director of Youth Mindfulness

This hands-on workshop will explore activities from the Youth Mindfulness Kids Programme (ages 7-11) and the Youth Mindfulness SOMA Programme (ages 12-21) - mindfulness-based wellbeing programmes that have been taught to more than 50,000 young people in over 20 countries globally. We'll also explore how the transformative impact of positive psychology interventions can be enhanced when linked with an inspiring science-based story of what it means to be human. Finally, we'll explore how to be trauma-sensitive when bringing mindfulness to children, adolescents and young people.

Join Michael Bready, the founder of Youth Mindfulness for a fun, informative, and practice-based experience!

#### **Learning Outcomes:**

- Learn how to bring mindfulness to life for young people with a selection of activities from the Youth Mindfulness Kids Programme and the Youth Mindfulness SOMA Programme.
- Learn how to integrate an inspiring and empowering narrative in the delivery of mindfulness and positive psychology interventions.
- Learn key principles to be trauma-sensitive when delivering mindfulness to children and young people.

#### **Content:**

A new story is emerging about what it means to be human. Advances in epigenetics, cognitive neuroscience and interpersonal neurobiology are revealing a deeply interconnected and developmental self. The old dualisms between mind and body, between self and other, between individual responsibility and interconnection are falling apart, and in their place a deeper understanding is taking hold - one that is deeply humane, compassionate, affirmative and inspiring. It's a story that we need to communicate to young people, and not merely at an abstract, conceptual level. It needs to be grappled with, explored, and ultimately embodied. Central to this story is the fact that we can be agents in our own transformation and empowerment. Practices like mindfulness and the many interventions and principles of positive psychology provide a concrete pathway to this transformation. In this workshop we'll explore how these interventions become most powerfully transformative when they are taught in the context of this emerging narrative.

This workshop will be practical and experiential. In it, we'll explore selected activities from the Youth Mindfulness Kids Programme (ages 7-11) and Youth Mindfulness SOMA Programme (ages 12-21). You'll learn innovative and dynamic ways to bring mindfulness and positive psychology principles to life so as to be relevant and engaging for young people. We'll explore how to connect these practices to an inspiring and empowering story of what it means to be human. Further to this, we'll also explore why it's so important to be trauma-sensitive when teaching mindfulness and positive psychology to young people. We'll explore concrete principles and methods to ensure that young people affected by adversity and chronic stress can engage with mindfulness safely and get the most out of mindfulness practices and interventions.

This workshop is intended for practitioners interested in how to make mindfulness and positive psychology relevant to children, adolescents and diverse groups. Pick up ideas to incorporate in your own work, and learn how to tie interventions to an inspiring narrative of what it means to be human!

**Bio:**

Michael Bready, MA, MAPP, is the founder and director of Youth Mindfulness - a UK-based charity dedicated to developing and delivering transformative mindfulness-based wellbeing programmes for children and young people. Michael has taught mindfulness to thousands of children, teenagers and young adults and has trained hundreds of educators to become mindfulness teachers. He is the author of the internationally renowned Youth Mindfulness Kids Programme and Youth Mindfulness SOMA Programme and led the development and delivery of the first positively evaluated mindfulness programme for young men in prison in Scotland in collaboration with the University of Glasgow. He holds a Masters in Applied Positive Psychology from the University of Pennsylvania.

Currently, Michael is especially interested in the emergence of new stories - based in science - of what it means to be human and how this transformation of understanding can lead to changes in culture and society.