

Overview PAS – 3 Phases

Phase I Laying the ground and planting the seed	Phase II Rooting and growing	Phase III Ripening and sowing the seeds
TRANSFER + FOCUS		
INTERNALIZING mindfulness and self-compassion	EMBODYING mindfulness and self-compassion	IMPARTING/MEDIATING mindfulness and self-compassion
I	US	SYSTEM
TARGET AUDIENCE + QUALITIES		
teachers, caretakers, principals	team, structures	children and adolescents, school, care facilities, environment
MINDFULNESS + SELF-COMPASSION	CONNECTION + CREATIVITY	COMMITMENT + TRANSFORMATION
CONTENTS + DURATION *		
Briefing or presentation 1 teaching unit	(2) Connection: Strengthening the team through mindfulness 1 workshop × 4 teaching units	(4) Teaching mindfulness age-appropriately 2 workshops × 3 teaching units
(1) Internalizing mindfulness and self-compassion 6 workshops × 4 teaching units (TU) each (or blocked)	(3) Creativity: Changing the structures 1 workshop × 4 teaching units	(5) Transformation: Implementing visions 1 workshop × 4 teaching units
<ul style="list-style-type: none"> • <i>Day-long experience-based workshop (6 teaching units)</i> • <i>Coaching for principals duration upon agreement</i> 	<ul style="list-style-type: none"> • <i>Parent-teacher conference, mindful parenting workshop (2 teaching units)</i> • <i>Inviting mindfulness experts into your own classroom duration upon agreement</i> 	<ul style="list-style-type: none"> • <i>Mindful commitment: mindfulness-based projects duration upon agreement</i> • <i>Art-based mindfulness mediation: Promoting creativity and awareness, duration upon agreement</i>
6 workshops 24 teaching units in total + additional modules	2 workshops 8 teaching units in total + additional modules	3 workshops 10 teaching units in total + additional modules

* All workshops in bold are core modules of the PAS-program, elective modules are marked in italics (and can be booked separately).