

# Workshop contents and procedure of the PAS programme

<b>Phase I</b> Laying the ground and planting the seed	<b>Phase II</b> Rooting and growing	<b>Phase III</b> Ripening and sowing the seeds
<b>WORKSHOPS **</b>		
<b>Briefing</b> with the principal and interested individuals  <b>Duration: 1 × 1 TU</b>  and/or talk/presentation during a pedagogical conference for the whole team  <b>Duration: 1 × 1 TU</b>	<b>Connection:                      Strengthening the team through                      mindfulness</b>  practicing mindfulness collectively, communicating mindfully, reflecting on one's own pedagogical practice from a mindful perspective  <b>Duration: 1 × 4 TU</b>	<b>Mediation:                      Teaching mindfulness                      age-appropriately</b>  methods for joyful, creative, and playful meditation of mindfulness in three phases: self-awareness, connection, commitment  <b>Duration: 2 × 3 TU</b>
<b>Internalizing mindfulness                      and mindful self-compassion</b>  1. Starting a personal mindfulness practice 2. Developing and practicing self-compassion 3. Practicing mindful communication and compassion 4. Dealing with difficult emotions 5. Dealing with difficult relationships 6. Cultivating gratitude and appreciation  <b>Duration: 6 × 4 TU                      or 3 × 8 TU blocked</b>	<b>Creativity:                      Changing the structures</b>  Collectively developing ideas for the structural integration of mindfulness for <ul style="list-style-type: none"> <li>• <i>temporal/spatial changes,</i></li> <li>• <i>creation of a resource library                              for the teaching staff on                              mindfulness and mindful                              self-compassion,</i></li> <li>• <i>electives</i></li> <li>• <i>projects on mindfulness,                              and many more</i></li> </ul> <b>Duration: 1 × 4 TU</b>	<b>Transformation:                      Implementing visions</b>  How can mindfulness and compassion be integrated into your institution as essential components that sustainably shape your work culture? Collectively developing ideas, starting to prepare and initiate the implementation process  <b>Duration: 1 × 4 TU</b>
<b>ADDITIONAL MODULES **</b>		
<b>Experience-based workshops                      to broaden and disseminate                      knowledge</b>  Practicing together  <b>Duration: 1 × 6 TU</b>  <b>Coaching for principals</b>  Process-oriented support for a sustainable implementation of the project contents  <b>Duration upon agreement</b>	<b>Mindful parenting</b>  Acknowledging and inviting parents as pedagogical partners  <b>Duration: 1 × 2 TU</b>  <b>Inviting mindfulness experts                      into own classroom</b>  <b>Duration upon agreement</b>	<b>Engaged mindfulness</b>  Visiting and accompanying other mindfulness-based projects  <b>Duration upon agreement</b>  <b>Art-based mindfulness mediation</b>  Promoting creativity and awareness as well as integrating them into art lessons  <b>Duration upon agreement</b>

\*\* **Workshops** are core modules of PAS, **additional modules** can be booked separately