



International Association of Teachers of English  
as a Foreign Language IATEFL Poland

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Stowarzyszenie Nauczycieli Języka Angielskiego w Polsce

# CERTIFICATE OF ATTENDANCE - DYPLOM UCZESTNICTWA

## CONTINUOUS IMPROVEMENT OF TEACHING AND LEARNING QUALITY WEBINARS

**TITLE/ TYTUŁ:** Mindfulness for teachers in the time of the PANDEMIC



30/05 /2020

### DESCRIPTION/ OPIS:

Let's find the balance together through a couple of exercises on Mindfulness. Now we need it more than ever. The circumstances have changed suddenly and rapidly. We are all challenged by the lockdown and feel frustrated being separated from schools. Many teachers really, believe or not, miss the school and their students. Mindfulness helps people to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they're better able to manage them. Practising mindfulness can give more insight into emotions, boost attention and concentration, and improve relationships and definitely can help busy teachers no matter how experienced find peace of mind.



**1 hour/ godzina**

### TO/ DLA

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**Marta Bujakowska**

*Presenter/ prowadzący*

LUCYNA WILINKIEWICZ-GÓRNIAK

MARCIN STANOWSKI

*Organisers/ organizatorzy*

[www.iatefl.org.pl](http://www.iatefl.org.pl)

