

# MINDFULNESS COURSE PROMOTES AND ENHANCES HEALTH, VITALITY & PERFORMANCE



How a six week introduction to mindfulness course developed and delivered by TWS Wellness has improved performance and wellbeing for the Teachers and Staff at Hymers College.



## THE BENEFITS

After just six sessions the participants reported the following:

**100%**

said they have learned how to relax more

**100%**

said they will continue to use the techniques in their own lives

**66%**

said they are sleeping better

**100%**

said they can concentrate better

**100%**

think it's beneficial for their pupils

**100%**

would recommend it to their colleagues

Angela Singleton, Hymers Collage Deputy Head, said, "The mindfulness course was undertaken by a proportion of interested staff and we are delighted with the results. We have a number of students who really struggle with times of stress when work feels like it is getting too much. We can all feel like that as adults. Being able to talk to them about spending some time in the moment has been very beneficial, particularly as I can recommend the practice from personal experience. Those of us who have continued on to the hatha yoga course have found other benefits. There is an energy and synergy created in the room during the practice and I know our working relationships have improved. It can't be a co-incidence that I have embarked on two major initiatives with two of my fellow yoga pupils since the course began. The trust that you build up in each other has been invaluable professionally and personally. I know I can speak for all of us when I say we actively look forward to our weekly session with Ali."

[www.twswellness.co.uk](http://www.twswellness.co.uk)

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A selection of participants learning some post-meditation stretches.

## THE PROBLEM

In a busy school environment a teacher's time and energy is at a premium. Hymers College were looking for innovative ways to help teaching and support staff perform to their best, as well as offering the opportunity to learn mindfulness and relaxation skills that they could use in their own time. Headmaster David Elstone contacted TWS Wellness and invited them in for a meeting.

David told us: *"Mindfulness is something that I am interested in as a subject, and so I requested a meeting with Ali Wileman, TWS's Director of Vitality. We discussed yoga and mindfulness, and how that could enhance the health, wellbeing and overall performance of my teaching staff. After the meeting Ali recommended a six week introductory mindfulness course, which suited our needs perfectly and gave the participants a chance to learn the essence of the subject as well as practise in their own time. The results were very positive, so much so that Ali continued the training, migrating the foundations of the mindfulness course to a hatha yoga framework for the remainder of the academic year. Several teachers have also brought elements of the training into their own class environment, in order to encourage students to focus and stay positive under times of exam stress."*

## THE SOLUTION

TWS has developed a specific mindfulness course for teachers and support staff. The six week course, which consists of six 40-45 minute sessions, taken either on a lunch break or after school, is designed to fully equip teachers and staff with the basic groundings of the subject. The course is practical, interactive and relaxing and suitable elements of the subject can also be taken into the classroom, as well as enhancing the person's individual performance and wellbeing via home practice and learned skills.

## PARTICIPANT FEEDBACK

*"This course enables you to gain an insight into the ways in which mindfulness is applicable to everyday life."* **English Teacher**

*"I have learned how to focus and concentrate more. I liked the gentle and non-judgemental aspects of the subject."* **Music Teacher**

*"Really enjoyable sessions."*  
**Paula Wood, Examinations**

*"The calm is the best thing about this course."*  
**Jane Duffield, Languages Teacher**

*"This course also offers time to relax, and think about what I am doing to relax. I have talked about different elements to my own students as it is something they can take away with them. I really enjoyed the sessions. Thank you so much."*  
**Science Teacher**

*"I am sleeping better and I have realised why! I enjoyed being in the guidance of Ali and particularly liked the non-judgemental elements of mindfulness."* **Angela Singleton, Deputy Head**

## ABOUT ALI WILEMAN

Yoga has been a part of my life for over 6 years, and I have studied, experienced and taught various aspects with an emphasis on mindfulness and breathing practices, as well as the more popular physical side of yoga postures (asanas). I am passionate about how mindfulness can increase productivity, reduce stress and worries and calm a busy mind in order to focus.

## ABOUT TWS WELLNESS

TWS Wellness is the home of health, wellbeing and vitality for individuals and corporate/organisational clients wishing to feel, think, move and perform better in East Yorkshire.

As a multi disciplinary health and wellbeing agency, we pull on our broad spectrum of knowledge comprising elite level personal training, lifestyle coaching, mindfulness training, yoga, physical therapy and sports performance training to deliver real, measurable success, head to toe, inside and out.

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