

# Shifting Gears in Times of Uncertainty with Neila Steele

# COURSE

Learn how mindfulness and mindset tools can help you stay calm, flexible, and focused through times of change, both inside and outside the classroom.



## About This Course

Uncertainty is an inevitable part of life and education, but how we respond to it determines our resilience and well-being. In this empowering and reflective session, Neila Steele shares mindfulness-based practices and mindset strategies that help educators reset, reframe, and recharge during challenging periods.

Through guided activities and real-life examples, participants will explore how thoughts, emotions, and habits interact, and how to shift gears mentally to find balance, perspective, and strength in times of unpredictability.



## Learning Objectives

By the end of this course, educators will be able to:

**Practise Mindfulness Techniques:** Use simple, evidence-based exercises to cultivate presence and calm during busy or stressful days.

**Restructure Thought Patterns:** Learn strategies to reframe negative or limiting beliefs into empowering perspectives.

**Manage Stress and Anxiety:** Apply practical tools to release tension, improve focus, and build emotional balance.

**Foster Adaptability:** Strengthen resilience and adaptability to navigate change with confidence and clarity.



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## Why This Matters for Educators

In education, change is constant, new initiatives, shifting expectations, evolving student needs. Mindfulness and mindset training help teachers not just cope, but thrive. This course supports educators to:

- **Stay Grounded Under Pressure** – Use mindfulness to anchor focus and composure in uncertain times.
- **Enhance Emotional Well-being** – Develop habits that protect mental health and prevent burnout.
- **Lead by Example** – Model calm, flexibility, and empathy for students and colleagues.
- **Reignite Purpose** – Find renewed motivation and joy through self-awareness and perspective.

## About the Presenter

Neila Steele is a certified educator, mindfulness practitioner, and yoga instructor with a *Bachelor of Science in Nursing* from the University of Windsor. Having lived and worked in Japan, Azerbaijan, Cambodia, China, and Saudi Arabia, Neila brings a rich global perspective to her teaching.

Her diverse experience as a school nurse, ESL teacher, and international educator has shaped her compassionate, practical approach to mindfulness. Since 2005, she has helped teachers and students worldwide integrate well-being practices into daily life to foster resilience, self-awareness, and calm confidence.

## Perfect For

Teachers, leaders, and well-being practitioners who want to:

- Strengthen mental resilience and adaptability.
- Integrate mindfulness into their classroom or daily routine.
- Develop a balanced mindset to manage stress and uncertainty.

