

Making Mindfulness Engaging with Leah Lipschitz

COURSE

Discover creative, practical ways to make mindfulness meaningful and enjoyable, for yourself, your students, and your wider school community.



About This Course

Mindfulness isn't about sitting still, it's about tuning in. In this energising and hands-on session, Leah Lipschitz, educator and certified mindfulness coach, shows how mindfulness can be playful, accessible, and transformative for people of all ages.

Through interactive games, simple techniques, and "micro-moments" of awareness, participants will learn how to embed mindfulness practices into everyday life. These strategies help educators and students reduce stress, improve focus, and strengthen empathy, whether in the classroom, staffroom, or home.



Learning Objectives

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

Make Mindfulness Fun and Accessible:

Learn engaging, game-based approaches to teaching mindfulness in a relatable way.

Use Techniques for All Ages:

Adapt mindfulness activities for children, teens, and adults to suit different learning contexts.

Incorporate Micro-Moments:

Integrate short, meaningful practices throughout the day to promote calm and connection.

Model Presence and Self-Kindness:

Practise mindfulness as a foundation for emotional balance, compassion, and well-being.



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Why This Matters for Educators

Mindfulness enhances attention, emotional regulation, and resilience, key skills for both teachers and students. This course empowers educators to:

- **Reduce Stress and Burnout** – Use mindfulness to restore calm and prevent emotional exhaustion.
- **Improve Classroom Focus** – Integrate short, engaging practices that centre students before or during learning.
- **Foster Empathy and Connection** – Build emotionally intelligent classrooms where students feel safe and supported.
- **Create Sustainable Well-being Habits** – Model mindful living that extends beyond the school environment.

About the Presenter

Leah Lipschitz is an educator, mindfulness advocate, and holistic wellness practitioner who blends mind, body, and heart in all she does. With professional experience across collegiate athletics, coaching, and high school teaching, Leah helps individuals and organisations unlock their potential through mindfulness and self-compassion. She is a licensed Physical Education teacher in Massachusetts, a Level 2 Unified Mindfulness Coach, and a certified yoga instructor. Having personally overcome challenges such as PTSD and anxiety, Leah's teaching is rooted in authenticity, empathy, and a deep understanding of the power of presence and play.

Perfect For

Educators, well-being coordinators, and school leaders who want to:

- Introduce fun, meaningful mindfulness practices into classrooms and meetings.
- Support emotional regulation and resilience in students and staff.
- Develop mindful habits that enhance both teaching and personal well-being.