

MINDFUL MOMENTS

Learn the foundations of Mindfulness for stress reduction, focus and overall wellbeing

STRIDE.
EDUCATION
UPSKILL.EMPOWER.THRIVE.



HOW IT WORKS

Mindful moments draws upon Mindfulness and Cognitive Behavioral Therapy strategies to help students manage stress and their mindset.

Students learn about Modern Neuroscience, how to recognise faulty thinking, positive thinking strategies, emotional management and how to bring mindfulness into their day that

Mindful Moments helps students recognize stress symptoms, normalise stress, cultivate self-compassion and how to implement a self-care plan,

Mindful Moments is a great program for schools looking to support secondary school students to better navigate those day-to-day mental pressures including during exam preparation.



LEARNING OUTCOMES

Personal and Social Capability

- Recognise Emotions
- Express emotions appropriately
- Develop self-discipline and set goals
- Become confident, resilient and adaptable
- Develop reflective practice

TESTIMONIALS

"The workshop will help others work on themselves and learn to improve their inner voice and use it when needed."

- Year 11 student



"It was great and provided us with some strategies to deal with problems."

- Year 11 student



RECOMMENDED FOR...

All secondary school aged students.



BOOK NOW!

Call us on 03 9088 5520
email office@stride.org.au
visit www.stride.org.au