



# MINDFULNESS



## #Meetthespeaker

**Name:** Clare McRobbie

**Topic:** Mindfulness and Wellbeing

Clare started her teaching career as a History and Modern Studies teacher in Clydebank, Glasgow. Moving to Wales in 2003 Clare was the Headteacher of the PRU in Merthyr Tydfil for a year before moving to Cardiff to take up the post of Head of KS3 at Cathays High School where she worked until 2015 as Head of School - Pupil Development.

Clare has a BA Social Sciences, PGCE (Distinction) in Secondary Schools and a PG Diploma in Guidance and Pastoral Care from Glasgow University. She trained as a Mindfulness teacher in 2014 with the Mindfulness in Schools Project and Bangor University and she has meditated for over 20 years and has been doing yoga for over 5 years.

Clare resigned from teaching to start her new career as a Mindfulness teacher/trainer and over the last 2 years, she has trained over 300 members of staff in schools on the Mindfulness .b Foundations 8-week course. Clare has also delivered Mindfulness Based Stress Reduction training to staff in local public health teams and third sector organisations to reduce stress and improve staff health and wellbeing.

Clare is currently studying part-time for an MSc in Psychological Therapies and Mindfulness Based Cognitive Therapies at Exeter University and meets the requirements of the **Good Practice Guidance for Teaching Mindfulness-Based Courses** published by the **UK Network of Mindfulness-Based Teacher Trainers**.

**“Mindfulness is the awareness that emerges through paying attention in a particular way, on purpose, in the present moment, and non-judgementally, to the unfolding of experience moment by moment”**

**Jon Kabat- Zinn**