



ASSOCIAÇÃO PORTUGUESA
DE PROFESSORES DE INGLÊS

Mindful EFL Day

3rd Edition

Speakers

João Palma
Stephen Dubrofsky
Sónia Mendes
Tânia Castilho



30th September 2023

APPI Zoom Platform

Ação de Curta Duração: 3 horas

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Mindful EFL Day

3rd edition



The 3rd Mindful EFL Day fills us with joy and promises to be a deep dive into Mindfulness as a rich approach to teaching, learning and living.

The Mindful EFL Special Interest Group aims to provide firstly teachers with ways to include Mindfulness in their daily lives, thus improving their overall well-being and conscious awareness of themselves not only as professionals but fundamentally as human beings. This, in turn, can enrich the overall classroom experience for their students, adding mindful language learning inputs to the curriculum and thus enhancing successful acquisition and learner well-being.

The Mindful EFL SIG

José Moura Carvalho

Anna Pires

Tânia Castilho



30th September 2023



9:00 – 9:15	OPENING SESSION Sónia Ferreirinha & José Moura Carvalho
9:15 – 10:15	STEPHEN DUBROFSKY – KEYNOTE SPEAKER The Inward Journey of a Teacher
10:20– 11:20	JOÃO PALMA – KEYNOTE SPEAKER Mindfulness – IAA
11:20 – 11:35	Break
11:35 – 12:05	SÓNIA MENDES Being Mindful in the EFL Classroom
12:10 – 12:30	TÂNIA CASTILHO Awakening the Senses
12:30 – 12:50	MOVING FORWARD
12:50 – 13:00	CLOSING SESSION

30th September | 9:00 – 13:00



9:00 – 9:15

Opening session – Sónia Ferreirinha & José Moura Carvalho

9:15 – 10:15

Stephen Dubrofsky

The Inward Journey of a Teacher

The nature/beliefs of a teacher play a critical role in the development of our children.

The Inward Journey of a teacher is about:

- The power of reflection
- Developing our practice of Listening and Observing
- Leadership from Within.
- The Heart/Mind Connection to Learning

10:20 – 11:20

João Palma | Budadharmā

Mindfulness – IAA

Nesta sessão vamos identificar, explorar e desenvolver os três principais componentes da prática de mindfulness, a intenção, a atenção e a atitude, de forma a vivermos uma vida com maior serenidade, clareza e sabedoria. A sessão consistirá de uma primeira parte teórica, uma segunda parte prática de meditação guiada e uma terceira, com espaço para partilha de grupo (perguntas e respostas).

11:20 – 11:35 – Break

11:35 – 12:05

Sónia Mendes

Being Mindful in the EFL Classroom

In the last few years, we have witnessed more and more students struggling to cope with anxiety and frustration inside the classroom as their inability to handle challenging tasks or obstacles seems to take on huge proportions. The use of Mindfulness techniques in the English class may prove beneficial as long as teachers provide their students with sufficient opportunities to practice. In this short talk we will explore those benefits and hopefully spark teachers' curiosity for trying them out.

12:10 – 12:30

Tânia Castilho

Awakening the Senses

This is a Conscious Breath practice that can be used as a classroom activity to improve attention and focus. It can be broken down and used in chunks or as a whole and English language inputs can be added prior and after the experience or experiences provided through this journey of Awakening the Senses. The aim in this particular session, however, is for you as a person to enjoy its benefits yourself.

12:30 – 12:50

Moving Forward

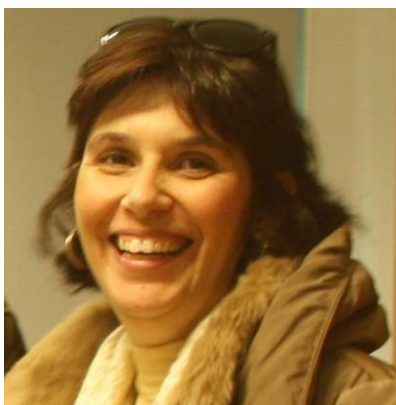
12:50 – 13:00

Closing session

BIODATAS



João Palma é praticante de meditação desde 2004 e instrutor de mindfulness desde 2008 no Budadharmá. É instrutor certificado de MBSR – Mindfulness Based Stress Reduction, pela UCSD Center for Mindfulness e por CMRP Bangor University, e desde 2018 é também mentor de novos instrutores. É também instrutor certificado da Breathworks – Mindfulness for Health pela Breathworks CIC. É seu desejo que os seus cursos, workshops e retiros sejam úteis a quem neles participar. Que promovam a compreensão de quem somos e do nosso lugar no mundo.



Sónia Mendes | (APPI-B-3184). English Teacher since 1995. Currently working at Escola Secundária dos Carvalhos, in Vila Nova de Gaia. Interests include PBL, Reiki, Mindfulness & Meditation.



Stephen Dubrofsky | My academic experience is extensive and focuses not only on the needs of the special needs child but also a holistic view on how to create a balance between the home and the school. My Masters in Learning Disabilities focused on children with special needs. My Masters in Education Administration focused on Leadership and how teachers may strive to be exemplary role models to their students and fellow teachers.

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Tânia Castilho has been involved in EFL for 40 years, be it as a student, a language school creative director or teacher. Her InPassion Coaching project is now her sole dedication. Through it she shares mindfulness through Conscious Breath, is an inspirational international author (T. C. Aelah) and speaker and provides mentorship around living a sustainable and fulfilling life in the Here and Now.

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Para contratualização, calendarização e localização de ações de formação e outro tipo de informação é favor contactar Sónia Ferreirinha, Diretora de APPIforma, para: appiforma@appi.pt ou Tlm: 96 957 0805.