

INTRODUCING

Mary Louise Morris

Mindfulness Teacher & Coach

I am a mindfulness teacher and coach based in London and I have dedicated the last 18 years to bringing wellbeing into schools. I set up **Good to Be** in 2003 and since then have been training staff and pupils in schools all over London in mindfulness-based approaches. I follow best practice guidelines for mindfulness teachers and receive regular supervision.

good to be



Here are some websites which will tell you more about my background:

www.goodtobe.co.uk

www.whatcolourisyourdragon.com

www.mindfulnessinschools.org

I offer the following options to schools:

- Mindfulness taster sessions for schools lasting 60 to 90 mins
- A 10-week mindfulness curriculum for 11-18-year-olds
- Small group interventions for specific pupils
- Staff inset training days in mindfulness
- Dot B Foundations: An 8-week programme for school staff
- Webinars for continued professional development
- Workshops for parents

What I've been doing recently



In 2016 I ran the first ever pilot in mindfulness at St Paul's School for Boys in London for both staff and pupils, and I continue to run mindfulness courses through General Studies to the present day.

"We could not have wished for a better person to help introduce mindfulness to St Paul's; Mary Louise is knowledgeable, extremely reliable and really understands young people and their issues."

Sam Madden, Head of Mental Health and Wellbeing St Paul's School for Boys

I worked with Kingston Grammar School between 2015 -2019, teaching both staff and pupils.

"We have been hugely impressed with Mary Louise's work with our students on the .b course. She engages well with our students and has an acute awareness of the pastoral side of teaching too – often noticing group dynamics and playing to the students' needs as a result."

Harriet Hunt, Head of PSHE - Kingston Grammar School



I trained the staff at Finton House Primary School over two years.

"Mary Louise trained our entire staff in mindfulness in 2017 and again in 2019. Through gentle and engaging activities, she enabled reflection and relaxation which led to deep experiences of stillness and self-awareness. Subsequently six of our staff went on to train to teach mindfulness to children and we have now embedded mindfulness into our curriculum through PHSE and into all aspects of school life. I would highly recommend Mary Louise to any school wishing to start their mindfulness journey."

Karol-An Kirkman, Academic Head Finton House School, London



FOR AN INFORMAL CHAT ABOUT HOW I MIGHT BE ABLE TO HELP YOUR SCHOOL YOU CAN CONTACT ME ON 07740369806 OR EMAIL WELLBEING@GOODTOBE.CO.UK