



Public lecture for students, teachers and parents on 12. January 2016

Kevin Hawkins: with Mindfulness to more emotional stability

(Hamburg, 17.12.2015). How can students overcome stress, exam anxiety or lack of concentration? How do teachers stay healthy and motivated in their profession? The famous pedagog and advisor Kevin Hawkins offers answers to these and other questions in his public lecture at the International School of Hamburg (ISH). On Tuesday, 12th January 2016 (19:00 – 20:30) he will introduce the holistic orientated training of "Mindfulness" and will also explain the positive effects on social and emotional learning. Admission is free for this English language event.

The British expert Kevin Hawkins is convinced: In this day and age of increasing attention deficits and media distraction, as well as depression and fears in children and adolescents, it is important to have good self-perception and the ability to control emotions in order to ensure a healthy learning development.

Hawkins has been successfully implementing his Mindfulness programmes for holistic learning for adolescents, teachers and parents since 2010, using mind, body and emotions. Most recently as Head of the Middle School at the International School in Prague. In Great Britain, several thousand students have already used such programmes (www.mindfulnessinschools.org). The positive impact on concentration, awareness and learning were analysed scientifically at Exeter University. "Mindfulness is like a toolbox or training technique for the brain that is supposed to help reduce agitation, minimize fears and improve emotional stability", explains Hawkins.

How simple it is to put Mindfulness into practice in everyday school life or at home will be demonstrated by Hawkins in his lecture at the ISH, using practical exercises. "It also helps teachers maintain a healthy body, mind and spirit", claims the experienced trainer, who will already introduce the techniques of Mindfulness to the ISH colleagues a day earlier.

The lecture is already the fifth event in the "ISH Speaker Series", in which renowned personalities provide important contributions to educational themes. Students, parents and teachers are cordially invited to the current event.

Lecture: "Mindfulness, Wellbeing & Social-Emotional Learning for school communities".

**Tuesday, 12th January 2016, 19:00 – 20:30 (free admission)
International School of Hamburg (Aula)
Hemmingstedter Weg 130, 22609 Hamburg
S-Bahn Klein Flottbek.**

International School of Hamburg (ISH)

ISH was Germany's very first international school and still remains Hamburg's only educational institution accredited by the Council of International Schools. For more than half a century it is

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dedicated to a full-day, English-language education of its students aimed at turning them into responsible citizens of the world who unfold their full potential. More than 750 young people from over 50 nations currently visit ISH. They are divided into the Early Childhood Centre (age 3 to 5), Junior School (grade 1 to 5) and Secondary School (grade 6 to 12). About 100 highly qualified teachers from all over the world support them on their way to the International Baccalaureate (IB Diploma), which enables them to enter leading national and international universities. Since ISH uses the globally standardized educational systems IPC and IB, its students are able to seamlessly resume their education at thousands of schools worldwide, if necessary.

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