



Mindfulness with Martin Stepek

Zen for Ten

Thursday 24th February - 4pm-5pm

The West Partnership are delighted to be joined by Martin Stepek from Zen for Ten. Due to anxiety being the most common reason for referral to our counselling sessions we have brought in Martin to conduct this session. This session will focus on dealing with stress, anxiety and worry and also guide participants through a meditation. Martin is an expert in delivering authentic and life changing Mindfulness courses to the public, private and third sectors.

NEED TO KNOWS

The session will take place on Teams on Thursday 24th February from 4pm-5pm

This is for you if you are a Secondary Pupil Support Coordinator or PSE Teacher

Sign-ups will be open until 12pm on Thursday 24th February

SIGN UP HERE →



Participants will also receive a practical e-book after this session. This e-book could be adapted for future PSE lessons.

For more information on Ten for Zen you can head to the website www.tenforzen.co.uk



TEN FOR ZEN