

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 the wellbeing of children and young people. I am a highly experienced trainer in mindfulness relaxation and positive psychology. I specialise in helping children and teenagers to achieve their potential using a range of approaches. I help with common issues facing children and teenagers such as: confidence, anxiety, concentration, self-esteem, sleep, digital distraction, and resilience. I work with children from 6 to 18- years-old.



Here is my website where you can read more about me: www.goodtobe.co.uk

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention...."

Rachel Naomi Remen

good to be



I trained as a mindfulness teacher with a charity called Mindfulness in Schools in 2012. My work is also informed by a range of other trainings that I have done, here are some of them.

- Focusing Skills course. (British Focusing Association) 2018
- Mental Health First Aid Training for young people 2017
- Designated Safeguarding Lead Training 2016
- Teacher Training in 'dot-be' Foundations with Mindfulness for Schools 2015
- Teacher Training in Mindfulness-Based Stress Reduction, at The Centre for Mindfulness, Research and Practice, University of Bangor 2013
- Accredited teacher of the Mindfulness in Schools Programme (MISP) 2012

Testimonials

"Mary Louise worked with our seven-year-old son over a number of months, during a stressful time of exams, interviews and decisions around which schools to go to. We just found out that he got into the school that he wanted and we are delighted. This is in no small part due to the mindfulness work that Mary Louise did with him to keep him calm and grounded during a challenging time and encouraging him to do the best he could. I would highly recommend her to any parent."

Francesca Boldrini (Parent)

"I have only done the mindfulness general studies course for about a term, yet I have found it incredibly useful. I like that it not only allows you to relax, but also helps you to separate yourself from the myriad stresses and distractions around. This allows you to reflect on the causes of your stress, which is a very calming experience. By practising mindfulness, you can train your mind to focus on your positive experiences, which helps to reduce the many negative repercussions of dwelling on negative thoughts. It has quickly become the most stress-free part of my week and I have personally found it incredibly useful."

16 year old student from St Pauls Boys School



PARENT TRAINING IN MINDFULNESS

"Mary Lou's mindfulness classes give you space, skills and a whole new perspective on how to deal with life, stress and the hundreds of everyday problems all of us face. A natural listener and teacher, she shares doable guilt-free techniques to combat those feelings of being overwhelmed. You don't need to buy a special outfit or a yoga mat, you just go and sit, listen and learn and she can really help you change the way you live your life."

Heather Moody (Teacher and Parent)

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