

## Introducing Mary Louise Morris Mindfulness Teacher

I am a Mindfulness teacher based in London and I have dedicated the last 14 years to bringing well-being into schools. I am a highly experienced trainer in Mindfulness Yoga and Creative Relaxation. I'm also an expert in how young people use technology and social media. I set up my company **Good to Be** in 2003 and since then have been training staff and pupils in schools all over London. I have a full and up to date DBS



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

[www.goodtobe.co.uk](http://www.goodtobe.co.uk)

[www.theinsideout.org.uk](http://www.theinsideout.org.uk)

[www.creativerelaxation.co.uk](http://www.creativerelaxation.co.uk)

[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

[www.childnet.com](http://www.childnet.com)

I have been trained by the charity, **Mindfulness in Schools** to deliver the following:

- **Dot B Foundations:** An 8 week programme for school staff.
- **'Dot Be'** for students is a 10 week programme for 11-18yr olds designed to be delivered in the classroom
- **Mindfulness taster sessions** for schools lasting 60 to 90 mins.
- **Staff Inset** training days in Mindfulness

My background in technology and also in well-being techniques in general, has helped me to developed a course in digital wellbeing for pupils and parents, called My Digital Mind.

## What I've been doing recently:

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From 2016 to present, I run Mindfulness course at St Paul's School for boys for pupils aged 14-16 yrs.

***“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

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I've been working with Kingston Grammar School since 2015, 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



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I ran two staff Inset training sessions at Surrey Square Primary School



***“Through gentle and engaging activities, Mary Louise enabled reflection and relaxation which led to deep experiences of stillness and self-awareness. Her non-judgemental and open style made people feel comfortable and able to take a risk and try something new. It made a real impact on me personally, and many others still refer back to the session.”*** Liz Robinson Head Teacher, Surrey Square Primary School, London

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I'd love to meet you to explore how I might be able to help your school. You can contact me on **07740369806** or email **wellbeing@goodtobe.co.uk**