Benefits of Mindfulness Education to School Systems Include Better Learning and Health Care Outcomes

In a new interview with CMRubinWorld, Psychologist Dr. Addie Wootten discusses the growing interest from schools to implement mindfulness programs into curriculum.

NEW YORK (PRWEB) January 03, 2019 -- According to Dr. Addie Wootten, over the last 5 years, support for mindfulness programs in curriculum has grown significantly among Australian educators. Wootten tells C.M. Rubin, Founder of CMRubinWorld, that while interest from individual teachers is important, research indicates an entire school participating in mindfulness techniques will “positively affect students, the culture and climate of the school, and teacher wellbeing.”

Educating students in STEM has become the major focus of most school systems but Wootten contends that supporting this with mindfulness programs improves “students’ ability to perform in an academic context” given the focus on ensuring that minds are “calm” and therefore optimized by improved mental health. She adds, “the future of work will rely on our ability to adapt, innovate and work creatively without defined borders or even stable workspaces.” Mindfulness skills “underpin essential social and emotional learning” students will need.

Read the full article here.

Dr. Addie Wootten is a well-known leader in delivering innovative programs to promote wellbeing. She is also the CEO of Smiling Mind.

CMRubinWorld’s award-winning series, The Global Search for Education, brings together distinguished thought leaders in education and innovation from around the world to explore the key learning issues faced by most nations. The series has become a highly visible platform for global discourse on 21st century learning, offering a diverse range of innovative ideas which are presented by the series founder, C. M. Rubin, together with the world’s leading thinkers.

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