



IB DAY LEBANON 2025

Mindful Learning for Tomorrow



Title: Fueling the Future: Mindful Self-Care for Sustainable Teaching

Facilitator: Ghinwa Sabra

Secondary Division Building - Level 1: Room 4

Description:

Teachers who intentionally engage in self-care practices develop greater awareness—not only of their emotions, but also of their personal needs and limits. This mindfulness allows them to respond to challenges thoughtfully rather than reactively, while also sustaining their energy and focus. In turn, they are more present and attentive to their students, helping learners feel heard, respected, and supported in a more mindful classroom environment.

In this session, educators will explore the stress factors impacting their personal and professional lives and learn practical strategies to address them. They will be equipped with tools to support consistent self-care practices, enabling them to be more present in the classroom and better prepared to face everyday challenges. By the end of the session, participants will be able to develop a SMART goal tailored to their self-care needs.

Programmes: DP