

MINDFULNESS – A CULTURAL PARADIGM FOR TEACHERS

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***Abstract.** Mindfulness is to live at the present moment and to free the mind from the usual ruminative habits that lead to worry, depression and exhaustion and allow more intuitive and creative answers to the new challenges. Most teacher training primarily focuses on content and pedagogy, going beyond the very real social, emotional and cognitive requirements of teaching itself. The paper attempts to demonstrate that learning and cultivating mindfulness skills - the ability to remain focused on current experience through non-judging awareness - can help us promote the calm, relaxed but refreshing environment that students have to learn. Mindfulness can also help us to be more effective in reducing conflicts and developing more positive ways to relate them to the classroom, which can help us feel more satisfaction with the workplace.*

***Keywords:** mindfulness, awareness, attention, interconnectivity*