



Pathways to Peace

Less stress, more energy, more job fulfilment, higher consciousness, better staff and student results, greater staff harmony, fun, joy, and ultimately finding more peace in all aspects of our lives.

“The journey of a thousand miles begins with one step.” - Lao Tzu

About the Instructor

Alison Crofton is a **primary school teacher** with **training in psychology and meditation**. She feels **passionate about education** and ensuring the class and school environment are **nurturing and nourishing** for both teachers and students.

Throughout her teaching career, Alison has **empowered teachers** to reignite their **love and joy for teaching** by providing tips to **reduce stress, regardless of circumstances**, and **find peace within**. She believes this is something we can all work on for our own benefit and for the benefit of the children we teach. It is Alison's vision to see **classrooms full of joy and inspiration** with **nourished teachers** leading the way.

Alison has **over 20 years of teaching experience (K-6)** in a variety of roles and settings. Along with a **Bachelor of Education** qualification (1998) and a **Bachelor of Psychology (Hons)** in 2013, Alison also has over 300 hours of meditation and mindfulness teacher training which includes an **Advanced Certificate in Guiding and Teaching Meditation and Mindfulness**.



Uncovering and discovering the peace within, not only supports teachers but it supports the students we teach.