



Where wellbeing and education unite  
*because empowered educators empower generations*

Lucy Murrell and Daisy Ramsden bring together their extensive knowledge in education and holistic health to help embody wellbeing within the education system. We specialise in reviving joy, calm and connection through practices that foster the creative flow of learning for children, educators, and leaders. Whether enhancing holistic wellbeing, developing trauma-informed practices, providing pedagogical advice and advancing leadership development, we work with you to create a bespoke experience for your team.

At Abundant Education, we go beyond talking or teaching about wellbeing—we create a safe space for educators, leaders and children to truly EXPERIENCE being seen, heard, and accepted as unique individuals. From this foundation, creativity, teamwork and workplace wellbeing flourish.

Lucy and Daisy offer various delivery methods such as wellbeing workshops, professional development retreats and in practice coaching to support you and your team. We are happy to customise a program to align with your centre's vision and requirements and create a tailored experience.

## Workshops:

1. **Wellbeing Workshops:** just like a dental check-up, wellbeing requires regular check-ins and professional support. Our workshops, lasting between 1.5 to 2 hours, are conducted in-centre and tailored for your team. We bring the session to you, providing an opportunity for your team to de-stress and reset their nervous systems. Educators will leave feeling refreshed and empowered with strategies to support their wellbeing in their roles.
2. **Pedagogy Workshops:** Working from a children's rights and child voice philosophy, Lucy delivers pedagogical workshops that enhance quality within centres. Connecting children's rights to a range of topics; documentation and planning, relationships, environments, reflection and play-based learning. Lucy guides educators through centring children and their voice at the heart of decision making.

## Signature Programs

Our facilitators bring educators on an experiential journey of in depth coaching and professional development for sustainable results on the below focus:

1. **The Abundant Child Program:** elevates children's wellbeing by empowering educators with hands-on support and practical strategies to regulate the nervous system, foster creativity, promote calmness, and honour each child's authentic self through reflective pedagogy.
2. **The Abundant Educator Program:** champions educators' wellbeing through professional discussions, coaching, and practical holistic wellbeing strategies so educators can prioritise and master personalised self-care strategies beneficial to both their personal and professional lives.
3. **Heart-centered Leadership Development Program:** offers an innovative approach to leadership in education—one that places relationships, curiosity, and wellbeing at the core. This program empowers leaders to foster authentic connections, encourage reflective practice, and prioritise holistic growth. Step into a new paradigm where leading with heart creates lasting impacts and thriving learning communities.
4. **Pedagogical Coaching:** empowers educators to develop their pedagogy through project-driven, play-based learning. This program focuses on fostering thinking practitioners and embedding global citizenship to offer joyous teaching experiences and professional development for amplifying children's voices.
5. **Alchemy – Reimagining Trauma-Informed Practice:** helps educators and leaders transform trauma into a catalyst for creative learning, inclusion, and collaboration. Daisy equips educators with knowledge, tools, and embodied experiences to foster connection, growth, and resilience in both children and teams. Walk away with research-backed strategies to create an inclusive environment where everyone feels seen, supported, and inspired.

Lucy and Daisy are flexible in their delivery and happy to work with you and your centre's unique needs to create a bespoke experience. We can deliver the above programs in a 1-day or weekend PD retreats with the options of 3, 6 or 12 months in centre coaching where we walk alongside you.

Feel free to reach out to say hi and discuss with us via the contacts below.

### Contact us:

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