

Bio Kathy White-Webster

Kathy spent her childhood on a farm in Northumberland. She learned about being with nature throughout all of the seasons and enjoyed the richness of working alongside people to bring in the harvest. Sharing story, food and dance in gratitude with the community of working people has created the real impulse to share mindfulness training in groups.

Kathy began her teaching career teaching Dance in an inner city Comprehensive school in a social priority area of Leeds.

Her mentor and dear friend Dorothy Heathcote inspired Kathy and nurtured her love of teaching young people through educational Drama and Theatre. She worked alongside the young people to learn about interpretation of text, including Shakespearean text, finding resonances and universal truths and becoming curious about finding ways to become present to share that inner truthfulness and authenticity in performance.

When Kathy 's son was born she began and ran Tyler's Green Community Association where she lived working alongside people to create a play area for young people and to do what could be done to improve the lives of the people in the neighbourhood.

Kathy became head of a highly successful Drama and Dance Department at Queen Elizabeth High School in Hexham, Northumberland teaching young people from 13 yrs to 17yrs. She founded Queen Elizabeth High School Community Youth Theatre in 1985 with 15 young people and she retired in 2003 with 130 young people in the Youth Theatre.

Kathy studied MBSR and MBCT at Bangor University while she was Head of Department. She has a post graduate certificate in

Mindfulness Based Approaches from Bangor. She attended the Teacher Development Retreat 1 and 2 at Bangor and follows the Good Practice Guidelines for Teaching Mindfulness. She is experienced in teaching MBSR 8 week programme.

Kathy studied with Rob Nairn on the Mindfulness and Compassion and Insight and Wisdom courses. This journey proved to be transformative for Kathy. Compassion and the Mindfulness Based Living Course have given her rich resonances and tools for living her life and for developing her own personal practice helping her to face big challenges with some equanimity and presence.

She joined the team teaching with the Mindfulness Association in 2010. She has co taught on the Teacher Training Mindfulness Programme. Kathy believes in the ethos and professionalism of the Mindfulness Association which holds Compassion at its very root.

Whilst Kathy was Head of Department she visited a Tibetan monastic school in India, Tashi Lhunpo in Bylakuppe, in order to discover the monk's mind training for the Sacred Cham Dance. Since then she has taught drama to the young monks in the monastic school in India.

She has arranged and organised workshops, performances and sand mandala demonstrations for the 10 monks who visit the UK each year. There are now established links with QEHS students and two science teachers continue to take students on yearly visits to Tashi Lhunpo Monastery.

Kathy has trained to teach .b to young people in school as part of the Mindfulness in schools Programme. She taught the Adult.b programme to staff at QEHS as part of a research programme at Exeter University. Kathy has taught on the M.A.'s Mindfulness in Education programme.

Teaching Mindfulness in Nature at Dilston Physic Garden for a number of years brings Kathy full circle as she draws on her childhood experiences of being a child in a family who must concern themselves with the behaviour of the earth and being present with what is.

Kathy responded to a request to teach Mindfulness to terminally ill patients at St Oswald's hospice. She found the whole experience deeply rewarding and life enhancing. Teaching mindfulness to the staff at the hospice was a gift.

Kathy is deeply committed to being with groups to offer Mindfulness training so that people can learn how to skilfully navigate stress and be present for more moments.