

## Volunteer as a Roots of Empathy Instructor!



### Seeking volunteers for an exciting opportunity!

Roots of Empathy is an evidence-based programme that has shown significant effect in reducing levels of aggression, including bullying, among primary school children while raising social and emotional competence and increasing empathy.

Roots of Empathy Instructors share their experience [Listen to our Instructors HERE](#) and in the testimonial below:

*“Roots of Empathy is a superb programme both in its simplicity of delivery and the very profound and positive impact that it has on all participants. We are giving our pupils a voice, we are giving them the language of emotions and at a much deeper level, we are planting the seeds of mutual respect, love, acceptance, inclusion, trust, empathy and open honest communication in a safe environment as we sit around our green blanket. I hope that I am playing my small part in developing a world where the adults of tomorrow have strong, positive attachments with others, are emotionally literate, truly accepting of and valuing the differences of others, are resilient and are capable of showing genuine love to themselves and others. A caring, compassionate, inclusive and truly civilised society can exist but only if the foundations for this starts in our classrooms.” – Northern Ireland Instructor*

Instructors attend a 4-day training which will be a combination of virtual and in-person learning.

- Programmes are delivered by the trained Instructor in their local school starting in the Autumn and going to the end of the school year.
- All new Instructors are matched with a Mentor who will support them in and out of the classroom.
- All candidates are encouraged to apply, experience with children is an asset.
- To find out more about what's involved, please go to our website: [www.rootsofempathy.org](http://www.rootsofempathy.org) and click on **Participate**.

*“Roots of Empathy is about changing the world, child by child.”*

- Mary Gordon, Founder/President

**For more information please contact:  
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