

“TESOL-SPAIN Mindfulness”

Better late than never.....
..... to be Mindful.

Summer holidays were over and October was back to the grind. We're just under half way through our "TESOL-SPAIN Year" – 7 months ago we were in Madrid soaking up new information, consolidating and refreshing our memories on past learnt methodologies and ideas, and we've got 5 months to go to meet up once again in Olviedo. Having said that, I think it's the perfect moment to contribute to the TESOL-SPAIN Newsletter expressing my views on becoming more mindful.

I'm pretty sure that most of us know quite well what Mindfulness is all about. Basically, the definition is: the quality or state of being conscious or more aware of something.

However, I'm going to ask all of you to please think about "TESOL- SPAIN Mindfulness." What?! Yes, that's right, TESOL- SPAIN Mindfulness. We ALL need to stop and think and be more mindful of the hundreds of hours that the Board, Organizing Committee and volunteers dedicate for us so that TESOL- SPAIN and its annual conventions take place year after year after year. These lovely, dedicated people are top pedagogues, business owners, directors of studies, highly qualified teachers and English philology students. They are extremely busy caught up in their professional and personal lives, just like the rest of us, nonetheless, they still squeeze in time in the mornings, late nights, weekends, bank holidays, whenever, to keep these annual conventions alive, thriving, useful and efficient. It's their passion. We sign up, show up and enjoy. Great for us!

We're a team ladies and gentlemen. So, to sum up, the call for action is to engage in "TESOL- SPAIN Mindfulness" for March 2019 and forever – being more aware of expressing our appreciation and consideration and being more understanding of what it takes to put together these annual conferences and to keep this Association up and running. Let us all make a habit of it!

Thank you for your devotion!

Mindfully speaking,

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