



## **Bryndís Jóna**

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Bryndís Jóna, MA in counselling and MA diploma in Positive Psychology at the University of Iceland. She is also trained as a mindfulness teacher from the UK (Bangor University & Breathworks) and is one of the directors at the Mindfulness Centre in Reykjavík, Iceland. She teaches part-time mindfulness and positive education to masters students in the Faculty of Education Studies at the University of Iceland. From 2007-2016 she worked as a Human Resource Manager at the Flensburg College where she led the development and implementation of the concept of Health Promoting Schools, in which mindfulness is one of the key components. Since 2014 she has been leading the development and implementation of Positive Education into the school curriculum. She is one of the leaders in the research team, working in collaboration with the Directorate of Health, in developing holistic approach to implement mindfulness into schools nationwide.