



MINDFULNESS TEACHER TRAINING

200
HOURS

8 WEEKS MINDFULNESS TRAINING
PLUS **6 WEEKS** TEACHER TRAINING

Are you ready to change the world?

We are in a mindful revolution where we take the power back of mental health! Join a network of like minded teachers as we collaborate and grow together.



MEDICAL AID APPROVED

Our 14 week program is recognised by the leading medical financial institutions due to leading qualified therapist involvement and guidance.



SETA ACCREDITED

Our accreditation offers validity and recognition not only in South Africa but internationally as well. Proudly one of the most valuable international exports.



ALL SESSIONS ONLINE

Courses start:

28th & 31st August 2023



DEVELOP A SOLID PRACTICE

Now is the time to explore the endless benefits of developing a daily practice. For many, starting a practice can be lonely or even intimidating. This often results in losing motivation in spite of having the best intentions.

Our partnership with the **Insight Timer** app allows you to journey through our online daily meditations while building up towards your accumulated hours.

During the program we will monitor your progress and gently encourage you to visit your practice daily. We not only teach you but ensure the success of your practice.

For many who attend the course, teaching may not be their primary motivation and they may never actually teach but they will nevertheless enjoy the depth that the course offers.

YOUR PRACTICE TRACKED BY:



BECOME A TEACHER

The best way to learn and grow is to teach. It may be just meeting a friend at a coffee shop or perhaps you have your sights on running global mindfulness campaigns.

Many qualified teachers use this training to add to their existing work in wellness; be it yoga classes, therapy & counseling, leading corporate teams or delivering keynote seminars.

MINDFULNESS IS A PRACTICE!

Even though one may study the theory and various approaches to being mindful, in order to authentically facilitate and teach mindfulness, you are required to make it your practice. It is for this reason to qualify to become a teacher one has to complete the **200 hour practice requirement.**





GROWING YOUR **BUSINESS**

Many costly, in-person or online mindfulness or life coaching courses give you a qualification. Some may even offer an extensive paper trail, but then you are left alone to figure out how to build your client base. How does one turn the qualification into earnings?

Our '**Mindful Mentors**' support structure promotes your work to a wide and already established audience. As it is our intention to grow mindfulness in the world, our passion is to support you and see you thrive... and in turn our course grows as being the only system that actually builds successful, working teachers on completion of the course.

You will be supported by a network of previous teacher trainees to promote you in the way that they were promoted to reach their teaching audience.



WELLBEING ASSESSMENT

At the beginning of the course you will be given a **'Psychological Wellbeing Assessment'** form to complete. This index was created by Mindful Revolution and has been adopted by leading health financial insurance companies as a metric for wellness points.

Your wellness will be assessed with regards to your mental health. After the 14 week journey you will be required to take the assessment again. Unless a major negative life event occurs the chances of you improving dramatically are estimated at **91% success** rate.

As we say in Mindful Revolution -

'MINDFULLY INSPIRED, DATA DRIVEN'.

No need to have faith in the process when the results speak for themselves.



A close-up photograph of a person's hands writing in a notebook. The person is wearing a silver chain-link bracelet on their left wrist. The notebook is open, and the person is using a silver pen to write on a lined page. The background is a blurred green field, suggesting an outdoor setting. The text 'OUTLINE OF THE COURSE' is overlaid in white, bold, sans-serif font in the upper center of the image.

OUTLINE OF THE COURSE

Each class is 2 hours long with a 20 minute practice included, although there are mini practices throughout the class.

There are **8 classes** that make up the main body of the course. A further **6 classes** belong to the **teach back process**.

MATERIALS:

Each class consists of homework and pdf research articles.

RESEARCH:

Case studies and material on mindfulness will be shared and delegates are expected to study the relevant science around each topic. Some definitions are to be memorised.

TEACH BACK:

After the initial 8 weeks, a further 6 weeks allocated for delegates to teach back to the group. It is the groups' responsibility to give the aspiring facilitator feedback and finally the course leader will decide whether the delegate is ready to lead a session of mindfulness with their colleagues. If not the delegate may be required to revise and re-present.

APP TRACKING:

Also, delegates are encouraged to connect to Insight Timer (an app that tracks mindfulness practice) as the requirement to complete the teacher training. To receive a certificate requires 200 hours of mindfulness practice. This is almost impossible during the 14 week process but is possible over 12 months.

APP NOTIFICATION:

A Whatsapp group will be created and delegates will receive daily messaging - a call to practice a mindful activity... drinking, eating, communicating and journaling mindfully.

These messages will be sent over the initial 8 week period. Delegates are also encouraged to move more in their day as a support for resilience and mental fitness.

SHARED INFORMATION:

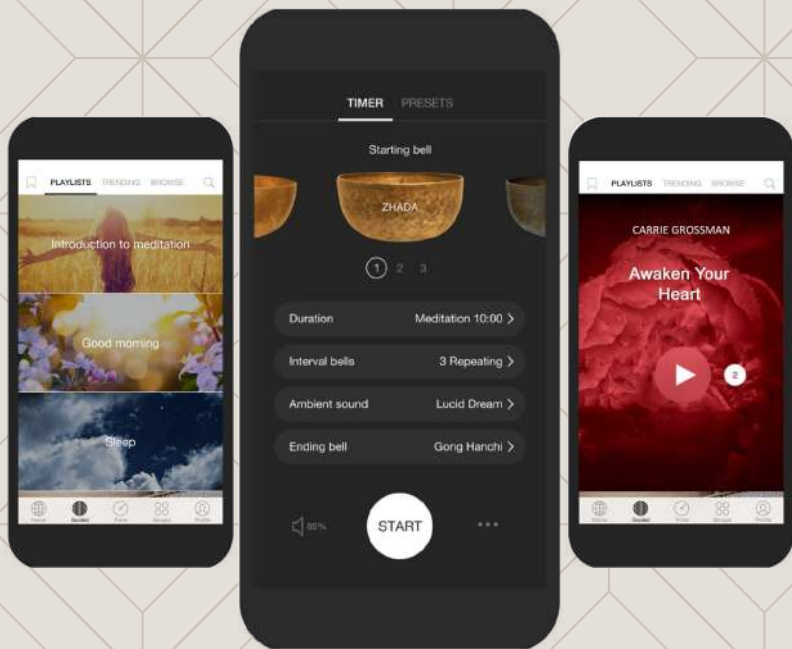
Emails with relevant research, slides and practice audio will be shared.



Each practice is found on Insight Timer and once practiced will automatically be logged.

Delegates will also be tracked weekly and a lack of practice will result in the facilitator using persuasion to encourage more practice. The most important part of the course is practice and if this is lacking then delegates may be informed that they might not be ready to facilitate.

Insight Timer captures the sessions and the time and is used to confirm the necessary hours recorded. Only once the hours have been completed will the delegate receive a certificate.





MARK JOSEPH

Mark has pioneered the growth of mindfulness in South Africa and has contributed to the worldwide spread of these vital practices. He is a partner and lead facilitator and director in Mindful Revolution - a South African born international company.

Mark is schooled in eastern and western forms of mindfulness philosophy. His personal experience with panic attacks and anxiety led to his passion for mindfulness and his ability to maintain resilience.

In the late 1990's he traveled to India and the Himalayas to study with the great masters of Asian classical wisdom. After 3 years of living in a Buddhist temple he found his teaching feet and walked back into mainstream life, using his knowledge and practice to be of benefit to business and individual practitioners.

He then taught extensive 8 week stress reduction workshops and later developed the first mindfulness teacher training in South Africa in 2016. This program has been adopted by big business to create culture change.

Living the Dream

Mark's dream has come true, a world where mindfulness is flourishing and is here to stay in homes, schools, wellness centers, yoga studios and business. In fact it has become just as important as brushing your teeth. His students are thriving with their own offerings, having partnered with Mark and the other Mindful Mentors. This is truly what makes his heart smile, to live in a world just that much happier.





LEANNE GLANVILLE

Leanne lives, eats and breathes holistic wellbeing.

She has an undergraduate degree and an honors degree in clinical psychology. She is a certified counsellor in the HIV/AIDS and Alheimers /Dementia arenas.

Leanne is also a SETA accredited mindfulness teacher and facilitates mindful movement and breathwork sessions for corporate clients at Mindful Revolution.

Leanne thrives on serving others and assisting people to live their most authentic and aligned lives through a lifestyle of yoga, mindfulness and meditation. Combined with a deep understanding of human psychology, she is able to hold space for others as they step onto the path of discovery and transformation.



MICHELE CAHILL

Michele completed a BSC in Occupational Therapy in 2001 and has since worked in the field of adult neurology and mental health, as well as performing assessments for Medico-Legal and Insurance purposes. Michele is the owner of "ABC OF CPR" which is a CPR and First Aid training centre.

Michele volunteers her skills in working with the rehabilitation of head injury patients using her profound knowledge of neuroscience and neuroplasticity.

She has a keen passion for mental wellness in people of all ages. Michele has completed her teacher training with mindfulness being her most recent instrument added to her treatment toolbox and this has assisted her to grow as a therapist.

COURSE
BREAKDOWN

mindfulness

CLASS 1: FOCUS & DEFINITION



- The popular revolution of mindfulness
- Identifying unmindful behaviour and the harmful effects of stress
- Learning the benefits of mindfulness on the body and brain
- Introduction of key scientists & their ground breaking research
- Learning the mindfulness definition by Dr Jon Kabat-Zinn
- Practice a foundational mindfulness exercise: breath meditation
- Identify the wandering mind and the reason it is so
- Introduction of daily mindfulness practices
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages).

CLASS 2 & 3: STRESS ADDRESSED



- Extended check in with all delegates, getting to know each other
- Identify the causes of stress and learning our triggers
- What are the effects of stress on the body, and what chemicals are produced in the stress response?
- The stress bell curve, where we are on the grid
- Expose multitasking myth and it's multiple issues
- Identifying where you feel stress in the body & why this is important
- Revisiting the mindfulness definition by JKZ
- Practice the body scan in the session
- Body awareness benefits & grounding from rumination & worry
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages)

CLASS 4: INSIGHT & CREATIVITY



- A settled mind is clear and uncluttered. Reality from such a mind is perceived accurately
- Identify the auto pilot compared to it's opposite - the mindful state
- Introduce a problem solving exercise with a mind settling practice to support
- Investigating neuroscience and brain wave states. Learning how mindfulness affect these states
- Encourage a change in environment to notice new things & encourage perspective change
- Clarity of how innovation exploration is possible withan undistracted mind
- A live practice in session unlocking creativity to hatch our best ideas.
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages)

CLASS 5: SELF COMPASSION



- Max Planck institute research of how compassion combined with mindfulness affects important areas of the brain
- Identify how emotional intelligence leads to the best leadership qualities and success
- Big business demands high EQ in top positions
- Why it is vitally important to encourage a culture of 'checking in' to be aware of ourselves & others
- What EQ actually looks like in everyday life
- How the definition of mindfulness supports the definition of EQ
- Self help and identifying what that really looks like
- Identifying the inner critic by applying mindfulness to catch this unnoticed fiend
- In class live practice of self compassion
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages)

CLASS 6: LOVING KINDNESS



- We return to Max Planck Institute research on brain's profound changes by practicing compassion
- Highlighting EQ and it's role in interpersonal management and awareness
- Study how AA uses 'sponsor' role to aid in the healing of addiction via compassion & accountability
- Breaking down the 'Iceberg' analogy of what remains under the surface of harmful behaviour
- Loving kindness & afflictive judgment are impossible to co-exist in the mind, what we feed grows stronger
- The science of serving others & how this impacts our mental wellbeing
- Who is the 'happiest person in the world'? Reflecting on this profound finding by neuroscientist Richard Davidson and mindfulness subject Matthieu Ricard
- In class live practice of loving kindness meditation
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages).

CLASS 7: WISDOM & MINDFULNESS



- The way we see the world is mostly coming from us
- Through mindfulness we are consciously able to plant mental experiences which ripen into our projections
- Are there really trees that make a noise when they fall in the forest?
- Labels and how they solidify our world, leading to more judgements
- Interdependence of the clouds in the paper and the thought becoming an experience
- Using the pen example to explore how objects function depending on our understanding and conditioning
- Cognitive Fusion and how judgements colour others leading into more afflictive emotions and conflict
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages)

CLASS 8: VISION & VALUES



- The scientific breakthrough of mindfulness on healing and longevity - research from Dr Jon Kabat-Zinn, Dr Richard Davidson & Elizabeth Blackburn
- Telomere DNA changes proving mindfulness more effective than relaxation techniques
- We identify our personal core values & why it's essential to be mindful daily of them
- Value Tagging, by making our values a practice we see how this starts to affect our connections
- Our defined values then lead into our vision as every decision we make is imbued with our clear (and tracked) values
- Research from Ellen Langer at Harvard and Dr Tara Swart of the power of intention and mindful suggestion
- **Homework:** daily meditation (tracked), journaling, study of relevant research articles and daily mindfulness practices (inspired by daily whatsapp messages)

CLASS 9-14: TEACH BACKS



- Over a 6 week period delegates teach back what they have learnt in the form of their own 30 minute session
- These sessions follow the format as taught by the mindfulness coach and include an opening practice, a talk, a main practice and homework
- The mindfulness coach will evaluate each live online session for key areas
- Each delegate will also have the opportunity to offer constructive feedback and praise to each other during this process
- Each delegate is assigned an hour and is therefore segmented into:
 - a) 30 minute presentation by student
 - b) 30 minute feedback process
- each class is therefore 2 hours - one hour per delegate teach back



TEACHER QUALIFICATION

A certificate of completion will be couriered to you once you have completed the live evaluation with approved qualification and then proof from the Insight Timer app of the completion of 200 hours of mindfulness practice.

It is possible to join the Mindful Mentors marketing platform to re-deliver your presentation to a wider audience in collaboration with other teachers.

The course has a SETA accreditation and is recognised by leading medical aid insurers.

DATES

We have reserved **3 groups of 10 delegates** in each

GROUP 1

Monday - 2nd Sept
7pm - 9pm
Class: every Mon

GROUP 2

Thursday 5th Sept
7pm - 9pm
Class: every Thurs

GROUP 3

To be confirmed

INVESTMENT

R 8800

COMPLETE TEACHER TRAINING
INCLUDES: ONE-ON-ONE SESSIONS