

Leading Groups Training



Leading Mindfulness Groups Training

Course Details

12-Hour Mindfulness Training Course to Enhance Your Capacity to Facilitate Mindfulness Groups with Confidence.

Course Highlights

- Learn how to teach and facilitate mindfulness groups incorporating a trauma-sensitive approach.
- Build upon the foundation and skills you have acquired from previous mindfulness training programs.
- Practical training and teach-back sessions to develop expertise and confidence.
- Evidence-based approach by Jon Kabat-Zinn, incorporating

MBSR, MSC, Emotional Literacy, Mindful Movement, and Positive Psychology.

- Focus on guiding practice, delivering engaging didactic information, and facilitating meaningful inquiry. Receive feedback from peers and experienced instructors.
- Pre-requisite for becoming a SMART (Stress Management and Resiliency Techniques) facilitator.

Who Should Attend

The course is suitable for individuals who are interested in teaching mindfulness to others: educators, healthcare professionals, workplace trainers, and mindfulness practitioners looking to expand and build in their skillset.

- Individuals who have completed a multi-session mindfulness program or prior mindfulness training.
- Educators, community organizations, healthcare professionals, workplace trainers, and mindfulness practitioners who are looking to expand their skills and confidence in teaching mindfulness.

Why Choose Us?

- Practical training and teach-back sessions to apply your knowledge.
- Unique curriculum encompassing various protocols for teaching mindfulness.
- Supportive and constructive environment for skill development.
- Leverage the expertise and resources of Mindfulness Everyday trained and experienced teachers.

