

# Leading Mindfulness Groups: Strategies and Skills Course



*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.

## Who Should Attend:

- 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.

*The program qualifies as a required component of the  
**SMART Facilitator Certification***

**August 20-22, 2024**

**9:30 AM - 3:30 PM**

In-person Location:

**Friends House - Meeting Room**

60 Lowther Ave.,

Toronto, Ontario M5R 1C7

**Fee:**

**\$425 | Early Bird Discount  
\$400**

(register before July 31, 2024)

Includes Participant's Workbook and access to online learning platform for course materials

Combine with **5-Day SMART**

**Intensive** and receive a gift from our selected book list.

## Tired of endless Zoom calls and feeling isolated?

Our in-person program offers a refreshing change:

- Human Connection: Engage face-to-face with a supportive community
- Break from Screens: Experience mindfulness without virtual fatigue
- Immersive Learning: Focus on growth in a distraction-free environment

**REGISTER NOW**



Practice Mindfulness  
Everyday



[www.mindfulnesseveryday.org](http://www.mindfulnesseveryday.org)

For more information contact:

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