# **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 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

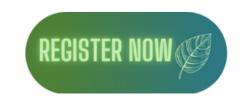
(register before July 31, 2024)
Includes Participant's Workbook and access to online learning platform for course materials

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



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