

Train-the-Trainer



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An Engaging and Sustainable Practical Approach

Mindfulness Everyday has been delivering our evidence based, trauma-sensitive, EDI aware, and SEL-informed programs since 2002. We offer programs that emphasize participant engagement – meditation, movement, discussion and more. Our programs and practices are focused on an individuals' well-being. Our approach is geared to ensure long-term success. This approach recognizes working holistically to promote practices that will benefit individuals to increase participant engagement for well-being and success.

The Benefits of Mindfulness

Consistent and ongoing mindfulness practices provide proven mental health and wellness benefits. Research supports mindfulness practices to improve stress management, self-care, resilience, concentration, executive functioning, and positive habits of mind.

Customized Mindfulness Programs With Trained Facilitators

Our programs are led by trained and certified facilitators – many of whom are educators. The programs can be customized to your members or organization's needs. We can deliver the programs in person at your location or online.

Find out more about how this training could work for your organization.



Mindfulness-Based Wellness for Organizations Facilitator Training

Format:

Four-session training format spaced one week apart:

- Module 1: Foundations of Mindfulness
- Module 2: Introduction to Mindfulness-based Practices
- Module 3: Trauma-sensitive and EDI Approaches

▪ Module 4: Putting it into Practice

12 hours of in-person, hands-on, and experiential instruction divided over four, 3-hour modules (customizations and online options are available) from a certified Mindfulness Everyday Instructor.

Includes 12-hour delivery of our complete curriculum and mentoring, slides, facilitator notes, facilitation principles, handouts, worksheets, options for customization, training fidelity, session ratings, and certification details.

- Comprehensive overview of mindfulness and its impact on stress, trauma, the brain, wellness, and resilience.
- Facilitated experiential mindfulness-based practices: meditation, breath awareness work, gentle mindful movement, and group discussion activities.
- Trauma-informed curriculum and practices that incorporate equity, diversity, and inclusion (EDI aware)
- Instructor resource manual with a full breakdown of the course, including comprehensive resources, scripted practices, and group activity options.
- The opportunity to engage in teach-backs, to practice delivering the curriculum peer to peer, with meaningful feedback from our trained faculty.

On-Site and Online Training

Does your organization need to provide training for program staff, a multi-disciplinary team or the whole organization? Our training can address specific training needs for larger groups and sessions can be tailored to meet the specific needs of frontline staff and management. Participants benefit from a comprehensive education, plentiful resources, and ongoing discussions with peers and trainer.

Certification

A certificate will be presented to participants who successfully complete the 12-hour training.

- Certificate allows you to present this 1.5-hour workshop ONLY at your organization of employment
- Attendance at the 12-hour train-the-trainer workshop required
- Provide a resource manual from Mindfulness Everyday for each participant attending in-house workshops.
- Facilitate at least one training a year to maintain certification.