**Trained to Introduce Mindfulness Certificate Supervisor/Mentor Statement**

*To be completed by the supervisor and uploaded by the applicant when applying for a Trained to Introduce Mindfulness Certificate.*

**Please note that the terms ‘supervisor’ and ‘supervision’ refer to supervision or mentoring of the applicant’s teaching.**

To meet the requirements for a Trained to Introduce Mindfulness Certificate from Oxford Mindfulness, the applicant must have:

1. Completed the requirements of the OM Train to Introduce Mindfulness training pathway (OM will check this)
2. Taught or co-taught **at least** two Introducing Mindfulness courses (typically delivered in 3 x weekly 1-hour session format)
3. Received at least 4 sessions of supervision from a trained mindfulness-based supervisor with experience of the Introducing Mindfulness curriculum. These sessions should follow the following format:

* Session 1 - a group session for your training group as a whole
* Sessions 2-4 - individual sessions with a supervisor: One before the start of the first taught course, one at the end of the first taught course and one at the end of the second taught course.

**Please note:** If teachers are co-teaching an Introducing Mindfulness course, supervision sessions can be shared, but must be equivalent to at least 30 minutes per teacher, i.e. one hour if both co-teachers attend.

Please provide the following information:

|  |  |
| --- | --- |
| Name of applicant |  |
| Number of courses the applicant taught under your supervision |  |
| Number of supervision sessions |  |
| Average length of each supervision session |  |
| Date of the last supervision session (dd/mm/yyyy) |  |

Please advise if you have seen, either live or by video, evidence of the applicant guiding practices, inquiry and didactic teaching. Yes / No *(delete answer which is n/a)*

If the answer to the above question is no, please give reasons why this was not possible:

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Do you support the applicant’s application? Yes / No *(delete answer which is n/a)*

Any further comments?

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| --- | --- |
| Name of Supervisor |  |
| Signature  (Please insert your signature in a picture format or print your name in the text box below) | |
|  | |
| Date (dd/mm/yyyy) |  |