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Trained to Introduce Mindfulness Certificate Portfolio

Please note that throughout this portfolio, the terms “supervisor” and “supervision” refer to supervision or mentoring of your teaching by a trained supervisor or mentor.

Please supply details of your training, teaching and supervision in the portfolio below.
This must include:

1. Evidence that you have completed the required training
2. Evidence that you have taught or co-taught **at least** two Introducing Mindfulness courses (typically delivered in weekly 1-hour session over 3 sessions)
3. Details of your teaching context(s)
4. Evidence that you have 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, 3 & 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 between trainee teachers, but must be equivalent to at least 30 minutes per trainee teacher, i.e. one hour if both co-teachers attend.
1. A reflective commentary (‘Portfolio’) on your learning and personal practice during the period of supervised teaching

Personal Information

|  |  |
| --- | --- |
| First name |  |
| Family name |  |
| Email |  |
| Telephone number |  |

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1a. Details of Teacher Training

If you completed the Train to Introduce Mindfulness (TIM) programme with Oxford Mindfulness, please give details of your training below.

|  |  |
| --- | --- |
| Names of Trainers |  |
| Location or online |  |
| Dates from (dd/mm/yyyy) |  |
| Date to (dd/mm/yyyy) |  |

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2. Details of Courses Taught

|  |  |
| --- | --- |
| Please confirm how many Introducing Mindfulness courses you have taught: |  |

Please provide details of **at least** two courses that you have taught:

|  |  |
| --- | --- |
| Number of participants |  |
| Location or online |  |
| Date from (dd/mm/yyyy) |  |
| Date To (dd/mm/yyyy) |  |

|  |  |
| --- | --- |
| Number of participants |  |
| Location or online |  |
| Date from (dd/mm/yyyy) |  |
| Date To (dd/mm/yyyy) |  |

3. Context

Please give details of the context in which you were teaching (healthcare, educational, workplace/corporate, criminal justice, private, etc.); a description of your participant group and any associated vulnerabilities or challenges; and any adaptations you have made to the Introducing Mindfulness curriculum with an explanation of the rationale behind your changes.

This should not exceed 500 words.

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4. Supervision

You will be asked to upload a supervisor supporting statement along with your application.

If you have had more than one supervisor, please upload a statement for each supervisor.

In addition, please provide the below information on your supervision sessions.

Please advise if you have received at least 4 sessions of supervision of the teaching (individual or group) of at least 30 minutes each from a Mindfulness supervisor with experience of the Introducing Mindfulness curriculum that they are teaching.

**Yes** [ ]  **No** [ ]

**Please give details of the supervision you have received:**

|  |  |
| --- | --- |
| Number of supervision sessions |  |
| Average length of each supervision session |  |
| Date of your last supervision session (dd/mm/yyyy) |  |

Please provide your supervisor’s details below. Please ensure you have your supervisor’s permission to provide these details as we may contact them to discuss your application. If you have had more than one supervisor, please give details for each supervisor.

**Supervisor 1**:

|  |  |
| --- | --- |
| First Name |  |
| Family Name |  |
| Email |  |

Please advise if your supervisor has seen, either live or by video, evidence of your guiding practices, inquiry and didactic teaching.

**Yes** [ ]  **No** [ ]

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

**Supervisor 2** (if applicable):

|  |  |  |  |
| --- | --- | --- | --- |
| First name |  | Family name |  |
| Email |  |

Please advise if your supervisor has seen, either live or by video, evidence of your guiding practices, inquiry and didactic teaching.

**Yes** [ ]  **No** [ ]

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

Please write a personal supervision learning statement below. This is an opportunity to reflect on the role that supervision has played in the development of your teaching skills, your personal practice and your understanding of the theoretical underpinnings of the Introducing Mindfulness programme during this time.

This should not exceed 500 words.

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5. Reflective Commentary

This piece of writing is your opportunity to reflect on your teaching and tell us what you have learned, and how your teaching skills and your personal practice have developed.

Please include the following:

• What have you learned from teaching these courses? Have any key issues or questions emerged for you?

• Have there been any particular obstacles or difficulties?

• What do you consider to be your main teaching strengths? (please base your reflection on the domains of the [MBI:TAC](http://mbitac.bangor.ac.uk/mbitac-tool.php.en) if appropriate)

• What do you consider to be your main learning needs? (please base your reflection on the domains of the [MBI:TAC](http://mbitac.bangor.ac.uk/mbitac-tool.php.en) if appropriate)

• Has your understanding of the theoretical underpinnings of Introducing Mindfulness developed as a result of your teaching and supervision and if so, how?

• The relationship between your teaching and your personal practice – has your practice developed over this period and if so how? How does your practice affect your teaching and vice versa?

• How will you take this learning forward?

• Anything else you would like us to be aware of?

Please note that you must maintain your participants’ confidentiality at all times.

To support our assessment, please present your commentary in a clear and concise form and address all the above points; you can include lists or bullet points.

This should not exceed 1,500 words.