



Continuing Professional Development (CPD) 2022

Mindfulness teachers and therapists are required to maintain their Continuing Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally this is a minimum of 14 hours, or two days of CPD during each twelve month period. The list below shows CPD and other training events currently scheduled for 2022, but new events are being added all the time, so please check the relevant websites regularly.

**** Each CPD Event states whether it will be taking place Live Online via Zoom or in-person ****
**** Please note individual booking information for each event ****

Saturday 28th May 2022 - Aston Colley

Mindfulness Yoga Workshop

Live Online via Zoom

10:00 – 17:00

A development day for all mindfulness and yoga practitioners, exploring mindfulness of breath and body movement. The day, a mix of theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. A look at modifications and an opportunity to practice with others on the course. The day aims to provide mindfulness practitioners with tools to further their own practice. It is hoped that by gaining a deeper insight into the process of self-enquiry through gentle movement and meditation participants will, after practice, be able to impart/teach some of these insights to their students.

Bookings should be made by contacting Aston on 01386 870893 or aston@unwind.uk.com

Saturday 18th June 2022 – Sharon Conway

Mindfulness and Mental Health

Live Online via Zoom

10:00 - 17:00

This course raises awareness of mental health, it combines the Mental Health Aware course from MHFA England with Mindfulness studies and research to support mental ill health:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues

- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Everyone who completes the course gets:

- A certificate of attendance from MHFA England to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A personalised Self-care plan

Bookings should be made by contacting Sharon on 07720 426073 or sharon@wellbeingmind.co.uk

**Saturday 9th July 2022 - Madeleine Agnew and Rachel Broomfield
Working with Children and presenting 'The Mindful Child Programme'
Live Online via Zoom
10:00 – 16.30**

To meet ever increasing demand for children's wellbeing programmes, including mindfulness, this one-day CPD event will focus on broadening the skills and techniques you have in your 'working with children' toolbox. This course will build upon some of the practical activities shared on the Mindfulness Now course and will bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our structured six week programme, The Mindful Child. Both Rachel and Madeleine have wide experience of working with children and presenting to adults and this workshop is open to all qualified mindfulness teachers.

Bookings should be made on 0121 444 1110 or info@mindfulnessnow.org.uk

**Saturday 20th August 2022 – Rachel Ashcroft
Mindfulness with Teenagers CPD
Live Online via Zoom
10:00 - 16:30**

With mental health problems on the rise, it is said that around half of all lifetime mental health problems start by the mid-teens and three-quarters by the mid-twenties, according to documentation published by Public Health England, 2019.

The *Mindfulness with Teenagers* CPD addresses the current mental health crisis, potential triggers and risk factors to be aware of and ways in which we, as mindfulness teachers, can best support them through some of their most turbulent years. The day will involve lots of practical mindfulness activities that have been shown to be highly effective within this age range.

This CPD is delivered by mindfulness trainer, experienced former school teacher and mindfulness facilitator at Birmingham City University, Rachel Ashcroft.

Bookings to be made via the following booking link:

<https://mindfulnessnowmanchester.org.uk/product/mindfulness-with-teenagers-cpd-online-20th-august-2022/>

The Official Mindfulness Now 8-week Course September/October 2022 - Rachel Broomfield

Live Online via Zoom

Each Thursday Afternoon 2 – 3.30

1st September to 27th October

If you're already qualified as a Mindfulness Now Teacher or have already attended the course but not yet completed your assignments, then attending our official 8-week programme, online via Zoom, will not only be very rewarding for you personally, but will also refresh your learning and help you to gain the equivalent of two days' worth of CPD.

Total cost = £250

Please contact Rachel Broomfield on rmbmindfulness@aol.com or by filling in the contact form here: <http://www.rmbhypnotherapy.com/booking-8-week-course.html>

Saturday 17th September 2022 - Tony O'Shea-Poon

Mindful Eating for Weight Management

Live Online via Zoom

10:00 – 16:30

The causes of being overweight or underweight are often multi-faceted and complex, but with the right kind of support and skills training, many people can transform their relationship with their body and with the food they consume, leading to greater happiness and health.

This CPD day is based on Tony's successful Mindful Eating 6-Step Programme, which combines mindfulness, visualisation, coaching and movement to support people to take control of their weight. Tony will share information about the six steps, which include letting go of the past, believing in the future and learning to love yourself and your body. He will also share the mindfulness practices and visualisations developed specifically for this programme.

During the day, we will examine the eating cycle, which helps us to address key questions with our clients such as; why do they eat?, when do they eat?, what do they eat? and how do they eat?, and we will learn the six core skills of mindful eating that everyone can learn to cultivate joyful awareness while eating.

By the end of this day, you will have the knowledge and tools you need to develop your own mindful eating support or to incorporate it into the ways you already work with individuals or groups.

Bookings should be made at <https://mindful.me.uk/classes-and-courses/>

Saturday 15th October 2022 – Madeleine Agnew

Teaching Mindful Parenting

Live Online via Zoom

10:00 – 16:30

Please get in touch with Madeleine direct for further details

Bookings can be made via Madeleine Agnew on 07812 018 645 or info@devonmindfulness.com

Saturday 26th November 2022 - Nick Cooke

'Getting your ACT together'

Live Online via Zoom

10:00 – 17:00

A practical workshop day exploring Acceptance and commitment Therapy (ACT), which is a wonderful, creative and dynamic way of bridging the teaching of mindfulness with a powerful therapeutical model of working. With a strong scientific evidence base, ACT provides engaging ways to help develop our therapeutic relationship. Great for mindfulness teachers, therapists, counsellors, NLP Practitioners and life coaches, ACT was originally developed as an approach to individual therapy work that could be targeted to certain specific issues including depression, anxiety and stress, addictions and eating disorders.

One of its originators, Steve Hayes, describes ACT as an ‘oddly counterintuitive model of work’. It can be engaging and playful and teaches us skills to handle unwanted and painful thoughts and feelings in a way in which they have far less significance or negative affect. Mindfulness skills are brought into play here. It also helps us focus on, and clarify our values – whatever is truly important to us, and then to utilise that knowledge to inspire us to set appropriate goals, engaging us to move forward and achieve a richer and more meaningful life.

Bookings can be made by phoning 0121 444 1110 or by email at info@mindfulnessnow.org.uk

Booking information

Please see individual entry on how to book and unless otherwise stated the attendance fee for all CPD is £130 for students and graduates of Mindfulness Now / CEC, and £160 to all others.

All courses are certified and training notes are provided. The courses are open to practitioners of mindfulness teaching, hypnotherapy, NLP, coaching, counselling, and related fields. Numbers are strictly limited.