



Continuing Professional Development (CPD) 2023 (2)

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 12 hours, or two days of CPD during each twelve month period, plus a retreat day. The list below shows CPD and other training events currently scheduled for 2023. New events are being added all the time, so please check the relevant websites regularly.

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.

**** 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 ****

And please scroll to the very end for information about our retreats.

The Official Mindfulness Now 8-week Course – Rachel Broomfield - online

Thursday 7th September (and running every Thursday afternoon in September and October)

14:00 – 15.30

Fully Inclusive of the Gift Retreat Day on Saturday 28th October 2023

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 those CPD points.

Total cost = £250

<http://www.rmbhypnotherapy.com/booking---official-mindfulness-now-8-week-programme.html>

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Saturday 9th September 2023 – Tony O’Shea Poon - online

Mindful Eating for Weight Management

Live Online via Zoom

10:00 – 17:00

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/mindful-eating-weight-management-cpd-sept2023/>

Saturday 23rd September 2023 – Rachel McKenna - online

Working with Teens

Live Online via Zoom

10:00 – 17:00

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:

info@mindfulnessnowmanchester.org.uk

Saturday 7th October 2023 – Madeleine Agnew - online

Mindful Parenting

Live Online via Zoom

10:00 – 17:00

"A day of learning, practice, and discussion, for all mindfulness teachers and students.

This course would be ideal for practitioners working with children, school teachers, caregivers and of course parents themselves.

During the day we will be exploring many techniques and ideas including:

What it really means to 'Parent Mindfully',

Understanding Attachment Theory and how best to creating loving attachments,

How we were parented and how this impacts our parenting style,

Parenting with PACE (Playfulness, acceptance, curiosity and empathy),

Working with Sensory Needs,

Early Brain Development,

Whole-brain parenting,

Developmental Trauma,

Keeping the body in Mind

and various Therapeutic Parenting techniques approaching all the material from a mindful perspective.

By the end of this day, you will have all the knowledge and tools you need to parent yourself mindfully and or work with parents and caregivers teaching mindful parenting."

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

Saturday 14th October 2023 – Tony O'Shea-Poon and Sharon Conway - online

Corporate Mindfulness

Live Online via Zoom

10:00 – 17:00

<https://mindful.me.uk/classes-and-courses/business-product-dev-cpd/>

Thurs 19th October 2023 – Nick Cooke - in-person at the MAC, Birmingham

Joining the Dots – links between mindfulness and therapy

In-Person in Birmingham

10:00 – 17:00

info@mindfulnessnow.org.uk

Friday 3rd November 2023 – Nick Cooke - online

The Resilience Effect

Live Online via Zoom

10:00 – 17:00

info@mindfulnessnow.org.uk

Saturday 18th November 2023 – Sharon Conway - online

Mindfulness and Mental Health

Live Online via Zoom

10:00 – 17:00

sharon@wellbeingmind.co.uk

Saturday 2nd December 2023 – Madeleine Agnew and Rachel Broomfield

Mindful Child

Live Online via Zoom

10:00 – 17:00

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

Saturday 9th December – Aston Colley - online

Mindfulness Yoga

Live Online via Zoom

10:00 – 17:00

aston@unwind.uk.com

RETREATS:

Sunday 17th September 2023 – Sharon Conway

Edinburgh Retreat Day – IN-PERSON

Dalkeith Country Park, Edinburgh

10:00 – 17:00

Cost = £85

Booking page and more information here - <https://www.wellbeingmind.co.uk/events/mindfulness-retreat-day-630/>

Saturday 28th October 2023 – Rachel Broomfield

Gift Retreat Day - ONLINE

10:00 – 16:00

Cost = £50

<http://www.rmbhypnotherapy.com/booking---official-mindfulness-now-8-week-programme.html>