



Continuing Professional Development (CPD) 2023 (4)

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 ****

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:

[Mindfulness with Teenagers CPD Online - 23rd September 2023 - Mindfulness Now Manchester](#)

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 here - <https://mindfulnessnow.org.uk/uk-college-cpd-mindful-parenting/>

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

Mindfulness for Business – Meeting the Growing Demand with Confidence

Live Online via Zoom

10:00 – 17:00

Our new CPD day aims to demystify the whole process of providing services to companies of all kinds and sizes. During the day, Tony and Sharon will take you step by step through all the key elements of working successfully with businesses. You will gather a wealth of valuable information, including how to generate new paid work, how to write a winning proposal, how to develop off-the-shelf and bespoke content and how to successfully deliver professional services. You will also learn the importance of offering content and services that go beyond mindfulness and gain the confidence to do just that.

With over 30 years' experience each of working in global corporations, private, public and third sector organisations, Sharon & Tony will share their tips, successes, professional templates (and what they've learned from some failures!) with you.

To book a place on this course, visit <https://mindful.me.uk/classes-and-courses/mindfulness-for-business-cpd/>

Friday 3rd November 2023 – Nick Cooke - online

The Resilience Effect

Live Online via Zoom

10:00 – 17:00

Up until a few years ago, Stress Management was a major buzz word (or two!) when it came to developing work within organisations. More recently the trend is towards mindfulness based programmes, along with emotional intelligence (EI) work, which is likely to result in employees developing a greater level of emotional resilience, effectively resulting in them being less prone to stress.

Why should employers be bothered?

Very simply because they face potential litigation from employees if it can be proven that they didn't take reasonable care to protect those employees from the effects of stress. Health and Safety law dictates that employers are required to have a duty of care to take all 'reasonable' steps to manage the working environment to help all employees to control / manage stress. This is law with teeth and many employers have taken their lawyer's advice to put measures in place to actively manage stress. Indeed, according to the UK Government's Health and Safety Executive, 'employers who can demonstrate that they have a scheme in place to manage their employee's stress are far less likely to be successfully sued'.

What this Resilience / Stress Management Coaching and Consultancy Training offers?

This one-day training is a certificated course, based upon Nick's own experience of gaining and operating programmes within organisations. With a very 'how to' perspective, the course assumes that attendees will be qualified practitioners of mindfulness and / or counselling, ideally with some knowledge of hypnotherapy, NLP and coaching. By attending you will learn: -

- How to work with individual clients to build resilience with mindfulness and EI
- How to build a successful corporate practice
- How to identify and target corporate clients
- How to make corporate appointments
- What communications to send, and to whom they should be targeted
- How to make a corporate presentation
- An understanding of health and safety law in respect of stress
- The physiology of stress and all aspects of stress management
- How to conduct individual sessions of resilience coaching
- How to produce and run a group stress coaching session
- How to run an eight weeks mindfulness based stress reduction group

... and, much, much more! All slides and documentation are provided to enable attendees to start their own resilience / stress management practice.

Bookings can be made here - <https://mindfulnessnow.org.uk/uk-college-cpd-the-resilience-effect/>

Saturday 18th November 2023
Sharon Conway - online
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 can be made on - <https://www.wellbeingmind.co.uk/teacher-cpd-events/>

Saturday 2nd December 2023 - Madeleine Agnew and Rachel Broomfield – Online
The Mindful Child
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 bring together practical, fun ideas and child friendly meditations that you can use on an ad-hoc basis or as part of our 3 structured programmes, each targeted at different age groups.

"Mindfulness can be thought of a superpower. Its super skills can transform our perception of the world. The ability to see, hear, smell, touch and taste clearly. The ability to be able to control emotions and be happier and calmer. What is most wonderful is that we are all already born with this incredible superpower! We sometimes need to just help it along a bit. This is why we have to practice. With a little bit of practice each day we can grow our superpower and make it strong and powerful!"

The Mindful Child 3 Programmes

We have developed, and through our CPD you will have training in delivering, three different Mindful Child programmes: a four-week programme suitable for 3-6 year olds, a six-week programme for 7-11 year olds and a further six-week programme for 11-16 year olds.

The three different programmes all provide a psychoeducational support programme developed specifically for children. It was originally developed for work within schools and Early Years settings, the last two programmes designed to be delivered over six weekly sessions lasting a full half term.

Key Elements of The Mindful Child training:

- A formal Mindfulness based 4/6-week programme for children
- Adaptable for working in informal groups or working 1:1
- A child friendly fusion of Mindfulness Now, MBSR and MBCT
- Personalised or group specific audio recordings
- Flexible enough to meet the needs of individual children and different age groups

Key Components to the programme:

- Learning and encouraging an awareness of our inner and outer worlds
- Incorporating the attitudes of mindfulness in our everyday lives
- Learning the ability to inhibit or control impulsive/ automatic responses, and create skilled mindful responses
- Learning how to separate ourselves from our thoughts
- Developing an awareness of unhelpful thinking patterns and how to develop more helpful thinking patterns

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.

All slides and documentation are provided to enable attendees to start running their own mindful child programmes. Our training is recognised by the MTA and the Mindfulness Teachers Register.

Book your place online here - <https://mindfulnessnow.org.uk/uk-college-cpd-mindful-child/>

Saturday 9th December 2023 - Aston Colley - Online

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 philosophy, theory and practice, specific guidance and choreographed practice to teach, with a script to teach from. An opportunity to practice with others and explore the experiential nature of Yoga. 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.

The fee is £130 for students and graduates of CEC and £160 for others. Attendees are requested to wear loose fitting clothing and have their own yoga mat + blanket.

‘Thank You so much for last Sunday's Mindfulness Yoga workshop. It was truly relaxing, memorable, enlightening, you so beautifully filled the 'spaces' between Mindfulness & Yoga, as well as proving the intimacy & effectiveness of virtual connection - Thank You :-“

Judy Gibson – Sept 2020 Online

The workshop is inclusive to all – as long as you can get down to and up from the floor.
If you are unsure of your suitability don't hesitate to contact Aston

To book a place please contact Aston on aston@mindfulnessnowoxford.org.uk

Tel: 01386 870893

MINDFULNESS NOW RETREATS:

Sunday 17th September - Edinburgh Retreat Day – IN-PERSON with Sharon Conway
Dalkeith Country Park, Edinburgh

Cost = £85

<https://www.wellbeingmind.co.uk/events/mindfulness-retreat-day-630/>

Saturday 28th October – Gift Retreat Day - ONLINE with Rachel Broomfield

Cost = £50

<https://mindfulnessnow.org.uk/uk-college-retreats/>