



Continuing Professional Development (CPD) 2024

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 27th January 2024 – 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/>

The Official Mindfulness Now 8-week Course – Rachel Broomfield - online
Saturday 2nd March 2024 (and running every Saturday morning in March and April)
10:00 – 11.30

Fully Inclusive of the Gift Retreat Day on Saturday 27th April 2024

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

You can book your place here - <https://mindfulnessnow.org.uk/uk-college-cpd-the-official-mindfulness-now-8-week-course-spring-2024/>

Saturday 13th April 2024 – Rachel McKenna - online
Mindfulness with Teenagers
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 - 13th April 2024 - Mindfulness Now Manchester](#)

Saturday 25th May 2024 – Nick Cooke – Online
ACT for Anxiety
Live Online via Zoom
10:00 – 17:00

This certificated practitioner course drills down into the specifics of working to help with anxiety and, whilst assuming no prior training in ACT, also forms a great reminder / update for those already trained. The energetic, workshop style training is great for mindfulness teachers, hypnotherapists, counsellors, NLP Practitioners and life coaches and is one of the ways that they can achieve their annual continuing professional development (CPD) requirement. ACT is a mindfulness based therapy and has a strong scientific evidence base. Originally it was constructed as an approach to individual

therapy work that could be targeted for 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.

Unlike most Western psychotherapy models, ACT does not aim to reduce unwanted symptoms, but takes a very different approach with the assumption that our quality of life is primarily dependent upon mindful, values / beliefs focused action. It also takes the view that, irrespective of the number of symptoms we have, or how serious those are, provided that we respond to them in a mindful way we will feel happier and better able to function. Unwanted symptoms do 'miraculously' tend to reduce, even though this is not the primary aim!

The course teaches the primary structure and protocols of ACT, including:

- Six core principles – for psychological inflexibility – an ACT model of psychopathology
- Six core principles – for psychological flexibility – core therapeutic processes of ACT
- The work of ACT in relation to anxiety
- Metaphors for creative ACT interventions for anxiety
- A session by session approach for helping working on anxiety with ACT
- Guide to integration with other therapeutic approaches
- Dealing with challenges
- Full session notes and certification provided

Bookings can be made here - <https://mindfulnessnow.org.uk/act-for-anxiety-acceptance-and-commitment-cpd-training/>

Saturday 1st June 2024 – Rachel Broomfield - Online

Exploring Embodiment and Enquiry

Live Online via Zoom

10:00 - 16:30

'Bringing the Being back into Doing'! A deeper dive into three vital areas of mindfulness practice and teaching. This day, aimed at both therapists and mindfulness teachers, will consist of discussion and practice time that will help to deepen your level of understanding and expertise when 'responding' to expectations (whether your own or the people you're working with) and to whatever goes on within your therapy sessions or teaching groups. Through learning and experiencing more about embodiment and enquiry, you will develop a more compassionate approach and have deepened your awareness of how to take care of yourself and those you're helping.

- Focus on the two meanings of embodiment
- Focus on the attitudes of mindfulness for teaching and during therapy
- Enquiry - Asking the right questions of ourselves and others and knowing how and if to respond

You can book your place here - <https://mindfulnessnow.org.uk/uk-college-cpd-expectations-embodiment-and-enquiry-2024/>

Saturday 8th June 2024

Aston Colley - Online

How to Teach Mindfulness Yoga

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.

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 or Tel: 01386 870893

Saturday 29th June 2024

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/>

MINDFULNESS NOW RETREATS:

Saturday 27th April 2024 – Gift Retreat Day - ONLINE with Rachel Broomfield

Cost = £50

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

Saturday 2nd May 2024 – Cotswold Retreat – In-person with Aston Colley

Cost = £80

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

Saturday 26th October 2024 – Gift Retreat Day - ONLINE with Rachel Broomfield

Cost = £50

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