



## **Integrating Mindfulness and Compassion in the Workplace**

### **Course Information**

MindfulnessUK are working in partnership with City, University of London to research in to the impact of Mindfulness and Compassion-based programmes in every workplace sector. We can arrange for the impact of our Mindfulness and Compassion training in your workplace to be researched.

### **Course Structure**

This is a part time 200 hour course accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB) at level 4. This practical course teaches learners the considerations and applications to work with mindfulness in a compassionate way in the workplace with staff and clients, either one to one or in groups.

There are 36 hours of face to face teaching and a further 164 hours of directed learning hours, making a total of 200 hours. Learners will be given some specific articles, books and internet resources to study and there will also be assessments and assignments. Each of the teaching days are to be completed one after the other sequentially, incorporating a total of 8 Learning Outcomes over the 6 days. Learners have a maximum of one year to complete the course.

Learning Outcomes:

1. Use mindfulness and compassion skills for personal development
2. Understand how mindfulness practice affects health and wellbeing
3. Teach mindfulness skills and practices in the workplace
4. Understand the key therapeutic elements of mindfulness and suffering
5. Understand the therapeutic qualities of self-compassion and compassion to others' practices
6. Explain to clients how mindfulness and compassion can enhance their relationship with others at work and home
7. Understand the application of relevant neuroscience to teaching mindfulness practices
8. Continue to develop professionally

### Who is this qualification for?

This qualification is for anyone whose role in the workplace is to support staff and/or client's wellbeing and/or organisational change.

Karen Atkinson, Director of MindfulnessUK, wrote this course and says;

*"Teaching Mindfulness and Compassion comes from a place of knowing, from the heart. Our students are taught the benefits of using Mindfulness and Compassion for themselves and how to translate this in to the workplace with their staff teams and clients. The course is designed to enable students to utilise all their expertise within their role and workplace to develop and deliver programmes and embed this into their workplace culture."*

MindfulnessUK graduates are now using this qualification and successfully implementing mindfulness and compassion within their workplace.

*"It is extremely well-structured and provides a thorough underpinning for acquiring the skills and knowledge to teach practices of mindfulness and compassion"*

*"I loved that there was a range of organisations there, my perspective of how to embed positivity and wellbeing widened and now mindfulness is part of all our daily lives routines at work. Work has become joyful once more!"*

### What are the pre-requisites?

1. Applicants must have experienced Mindfulness either through their own learning and experience and/or have completed the 8 week Mindfulness-Based Stress Reduction Course or similar either in a group or online.
2. Applicants must be practicing Mindfulness meditation practice regularly themselves.

**MindfulnessUK can organise gaining pre-requisites as part of your workplace package.**

Email: [info@mindfulnessuk.com](mailto:info@mindfulnessuk.com) or phone 01823 323206.

### Course Costs:

#### For Individuals

This course costs from £1515 and £1550 (dependant on venue chosen) Costs includes all teaching, assessing, verification and certificates, course notes and student handbook. There is an additional one off CPCAB Learner registration fee of £130 and we ask that learners purchase 3 well known Mindfulness and Compassion books to support their studies.

**For groups**

If you would like MindfulnessUK to deliver this course at your workplace, please email Angie Ward via [angie@mindfulnessuk.com](mailto:angie@mindfulnessuk.com) for costings.

**How to apply:**

It is easy to apply on line via our website <https://mindfulnessuk.com/teach-mindfulness/integrating-mindfulness-and-compassion-in-professional-practice> or you can phone 01823 323206 or email [info@mindfulnessuk.com](mailto:info@mindfulnessuk.com) and request an application form to be sent to you.

**Cancellation and Refunds**

Once applicants are accepted as learners, they will receive an acceptance letter with joining instructions. Please be aware that any payments that we request to secure your place are non-refundable.

MindfulnessUK Courses are very popular and there are a limited number of spaces. It is therefore important that cancellations and/or booking changes are well in advance of the event. I.e; No less than 4 weeks before the course start date.

We require full payment for any of our events before the start date to confirm your place on teaching days. Payment timescales will be clearly set put in our correspondence with you. Please be aware that your place will be lost if you fail to make this payment in the timescale given.

If you pay in full and then cancel your place, a refund will only be possible if we are able to fill your place.

If we are able to fill your place, a cancellation fee is payable to cover the cost of administration, the cost being 10% of the full price of the course booked

**To request a refund**

Email [info@mindfulnessuk.com](mailto:info@mindfulnessuk.com) or write to MindfulnessUK , 27 Canon Street, Taunton, TA1 1SW. All requests for the attention of the Admin Team – Refund Requests and must include the Learner's name, title of the course and start date.

**Any questions?**

Please contact Angie Ward via email [angie@mindfulnessuk.com](mailto:angie@mindfulnessuk.com) or 01823 323206 if you have any questions about this course.

