



KAMAL Teacher Training Program (TTP) 2022-23

Mindfullybeing is excited to offer a community-focused, comprehensive, systematic and adapted mindfulness training called **KAMAL (Kind And Mindful Approach to Life)**. Mindfulness-based approaches are long-established and internationally recognised programs helping people thrive, be resilient and flourish.

Our mission is to train and connect the upcoming generation of creative mindfulness practitioners by offering **skillful mindfulness training and mentorship** to help create a wide support network and resource.

Our **Kind And Mindful Approach to Life – Teacher Training Program (KAMAL-TTP)** is offered by our experienced and professional teachers. It is anchored in our core values of **three C's: care, connection and community** and involves twelve months of active engagement in a skilled, creative teaching and learning environment. Our pathway is **flexible, adaptive** and takes account of your **existing experience and challenges**.

We believe ongoing **community support** is the key ingredient for our growth as skilled teachers. We aim to remain **engaged** with our graduates **beyond the completion of their training**. We also endeavor to offer more than just a standard training program but a **lifelong relationship of support and mutual engagement**.

Some of our aims are to;

- **develop knowledge and deep understanding,**
- **enhance skills and professional competencies required to teach,**
- **enrich one's life, work, and relationships,**
- **play our role in healing self and our environment.**

We help you to make positive, meaningful, and lasting changes to your life, work, and relationships.





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Mindfullybeing's KAMAL TTP involves active engagement in;

- **Building experience** through practice, reflection, and writing
- **Learning theory and practice**
- **Strong Peer support**
- **Practical teaching skills**
- **Supervisions**
- **Regular Retreats**
- **Gathering Together** (sangha with small 's')
- **India Retreats/Visits (OPTIONAL event)**
- **Rich Resources**

Who can engage?

Our comprehensive KAMAL-TTP is just right for you!

It is suitable for all, especially those who intend to **teach the public**, at **workplaces**, and in **education**, are **healthcare and mental health professionals** in clinical settings, **want to learn foundation skills** in delivering mindfulness, want to refine, **deepen and consolidate** existing mindfulness skills and practices. It is important for us that there be some alignment to our vision and our teachers in training aspirations. For online training, applicants must have access to suitable technology, space, privacy and the technical ability to join.





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KAMAL TTP Learning Outcomes:

1. To be able to teach a mindfulness-based approach in the teacher's setting.
2. To be able to guide people in both formal and informal practices, adapting practices according to the relevant population and service.
3. To understand the rationale behind providing different mindfulness practices and some of the learning that is likely to be derived from them.
4. To be able to teach in an embodied way, drawing on the teacher's experience of their own practice.
5. To be able to express the attitudinal foundations of mindfulness, such as Non-Judging, Non-Striving and Beginner's Mind; and key aspects of the 'culture' of mindfulness-based approaches, such as seeing issues that arise as universal aspects of the human condition rather than as pathology.
6. To understand, and be able to make an assessment of, the risks of mindfulness practices with the teacher's participant population, and to be able to adapt practices accordingly.
7. To have some knowledge of the evidence base for the use of mindfulness with the population being taught.
8. To be able to help people explore their experience of a practice in a way that is congruent with mindfulness-based principles.



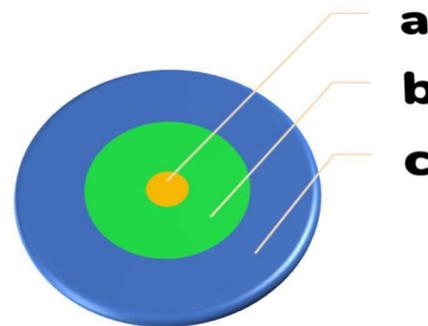


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KAMAL-TTP Vision and Approach

The training is based on an **inner core of direct personal experiencing** of mindfulness and kindness. This forms the basis for the succeeding circles of understanding rationales, theoretical underpinnings and principles, and learning through teaching practice:

- a) 'Direct Experiencing'**: of the most commonly used mindfulness practices. This places the direct experiencing in a personal context of understanding. Personal mindfulness practice is seen as essential for the teaching to be embodied, and this is facilitated through regular personal practice and the day retreats.
- b) 'Understanding Rationales'**: linking these direct experiences to the aims of the mindfulness work. This involves placing the learning in a wider context of theoretical understanding. Reflective writing and dialogue supports the integration of theory with both personal and teaching practice.
- c) 'Teaching Practice'**: exploring and dialoguing how the learning in a) and b) relates to different approaches to teaching these practices and exercises. This facilitates the development of the skills required to communicate the ideas, qualities and approach of mindfulness-based work.



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