



Arranging Training in The Present: a mindfulness and well-being course for primary schools in your area.

Background Information:

The Present Courses CIC launched in 2018. Currently we are a small training team, located in the UK.

Our intention is to offer training locally to trainees in order to reduce costs and make training more accessible for busy people, often with family commitments. Offering training in a specific geographical location will also, we hope, create a community of people learning about and practising mindfulness and teaching *The Present* (perhaps alongside other mindfulness schools curricula) in school. We hope this will allow the group to become a supportive community to encourage on-going development of personal practice and mindfulness teaching confidence and skills.

On-going development support:

We anticipate that there will already be a mindfulness teacher locally who is in connection with a school or group of schools having taught the introduction to mindfulness course the local teachers will have attended. We hope that this person will continue to be available locally to offer on-going support.

Costs:

In person training:

£495 per person

Structure of in-person training options:

- Over three school-sized days (9:00 -3.30) or
- Over a long weekend (Friday evening, Saturday all day and Sunday until 4pm)

We anticipate that the residential and much of the travel costs usually necessary for participants to attend training can be avoided by the training venue being within reach from home for people on the training.

If a school is able to offer us rooms and refreshments for the training we will be able to offer two free places in exchange. The weekend option has been in lovely venues with lunch provided.

Online training:

The COVID-19 situation has prompted us to develop an online version of this training to allow people to access training during social distancing times but, we anticipate, also perhaps preferred choice for some once we can meet in person again.

Structure of online training:

- Day 1 = 3 x 2-hour sessions
- 7 x 1.5-hour sessions, weekly
- 2-hour Implementation Support session to complete the course
- Online discussion forum throughout the course
- Connection with your local network of teachers where possible

Cost:

£450 per person

Please note that the online version timings can be arranged to prevent schools having to pay supply teacher costs.

Planning a Training:

The website will be able to tell you of courses are planned currently. Please apply for any course that suits your availability.

If you want to arrange a training in your area we suggest that the local organiser scopes interest locally ahead of arranging dates with us to be sure sufficient local teachers are eligible and available.

We will offer £250 (or a free place) to the local organiser in recognition of the time spent setting up this training.

1. Please identify the lead person for this training. This may be a local mindfulness teacher who knows the potential participants or perhaps a teacher or head teacher in one of the schools.
2. Be clear that you already have sufficient people who would like to be trained **and are eligible** to be trained.
3. Explore possible dates for this training in your area and availability of a venue to hold the training (establishing any costs for this).
4. Contact Sarah Silverton and the team on sarah@thepresentcurriculum.org or sc.silverton150@gmail.com to plan your training.
5. Individuals in your group will apply for the training through Sarah Silverton/*The Present Courses* CIC

Eligibility

Participants will be eligible for this training if they:

1. Have completed an eight-week mindfulness course. This can be any of the recognised eight-week 1.5 – 2-hour weekly curricula such as MBSR, MBCT-D or MBCT-L, The Present for Adults, Breathworks, . b Foundations and possibly Finding Peace in a Frantic World (if classes were 1.5 hours each week).
2. Have developed a regular, daily mindfulness practice. *We will invite a description of personal practice to gauge people's understanding and engagement with their practice as part of the application process. We strongly believe having a reliable personal practice is necessary to be able to effectively offer The Present learning.*
3. Work currently in a school. We are open to applications for people from a wide range of roles including teachers, teaching assistants, psychologists, social workers, counsellors, for instance, as long as they have regular access to working with children day to day in school.

There may be other people attending training who see their role to be the local support person to schools in their area but who won't be working with children in schools themselves.

You can access more information on our website www.thepresentcourses.org. In the meanwhile, please contact Sarah Silverton with any queries.

With very best wishes,

The Present Courses development team

Dusana Dorjee
Tabitha Sawyer
Sarah Silverton

The Present Training team
Sarah Silverton
Mariel Jones
Helen Marsh
Emma Naisbett
Kate Norfolk
Faiy Rushton
Andrea Baqai

