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| **The Present for Adults:**  A Mindfulness and Well-being Course.  [sc.silverton150@gmail.com](mailto:sc.silverton150@gmail.com)  sarah@thepresentcourses.org  07599 192800  www.thepresentcourses.org |  |
| Which training are you applying for? Location or Online? If online please say if you can be available and have a preference for 08.30-09.45; early evening or Saturday morning for the seven weekly classes. |  |
| Name: |  |
| Address: |  |
| Phone: |  |
| Email address: |  |
| Your work setting: |  |
| Your work role: |  |
| Your mindfulness 8-week course dates: |  |
| Mindfulness 8-week course teacher and course curriculum: |  |
| Which training have you done to teach mindfulness to adults so far? |  |
| What’s your experience of teaching mindfulness?  Eg, Population you worked with? Curricula you’ve taught? |  |
| Please tell us about your personal practice. What are the ways that your practice supports you and challenges you at the moment? (**Please write a paragraph for each.)** |  |
| Why are you applying for this training?  Are you intending to attend both parts of this training (including the “how to deliver” sessions) or just attend the experiential sessions? |  |
| If you are accepted on the course we will ask you to fund this training and reclaim the fee from work afterwards if this is possible. An invoice can be provided for this purpose on request. | |
| Thank you for your application. Please send it to Sarah Silverton at [sc.silverton150@gmail.com](mailto:sc.silverton150@gmail.com). | |