

**Mindfulness with Diversity in Mind**

***An intensive pre-PTP mentoring programme for practitioners of colour***

**Mentee/ Trainee Mindfulness Practitioners**

**Information and Application Pack**

**\*\*Deadline 20th May 2022\*\***

**Introduction**

The Mindfulness PTP(Practitioner Training Programme) is a 12 month mindfulness teacher training pathway that Mind in Salford have been running annually since 2015. During this time, we have trained 84 practitioners who have become qualified mindfulness teachers recognised by BAMBA (British Association of Mindfulness Based Approaches). Out of the 84 qualified practitioners, only 10 identify as people of colour.

As part of our wider mindfulness provision, we offer 8 week MBSR (Mindfulness Based Stress Reduction) courses to the people of Salford as well as monthly drop-in sessions (in-person and on-line), and some workplace training. The majority of our participants on our MBSR courses identify as white (89%) which isn’t surprising when the mindfulness field tends to be led by white English-speaking practitioners.

This programme is being developed to increase the diversity of qualified mindfulness teachers and the diversity of participants that attend mindfulness courses. The intensive mentoring programme will offer mentorship to 6 mentees– building their skills, knowledge and confidence, prior to starting the 12 month PTP programme.

**This intensive pre-PTP mentoring programme will involve:**

* **Being matched up with a Mentor**- someone who is a person of colour and is an experienced mindfulness teacher.
* You will meet with your mentor from around June 2022 to the end of your PTP training around September 2023. Each mentoring session will be around 1 hour either in-person or via zoom. There will be a session in July, Aug, Sept, Oct, Nov, Jan 2023, April, July, Sept.
* **Your mentor will support you with the following**; establishing a daily mindfulness practice, offering suggested reading/ retreats that could support your practice, working with barriers to practice, and being a positive role model.
* **You will be expected to attend each mentoring session** and be as flexible as possible accommodating your own needs and the needs of your mentor.
* **You will be offered a place on an 8 week MBSR course** which will be run by Mind in Salford – this will be a requirement of your application onto the PTP training programme so you must commit to attending. This will run around July-Sept time.
* **You will be offered a fully funded place on the PTP programme which will start Oct 2022**, if you have committed to the mentoring sessions and attended the 8 week MBSR course.
* **We ask that you take part in evaluation of the programme**- questions about your experience, this is for our funders, and we also want to check that what we are offering works/ or not!
* **We can also offer you £500 towards the cost of a 5-day silent meditation retreat** which is a requirement towards your registration with BAMBA. Being a member of BAMBA isn’t a requirement of our training though, so you may wish to not apply to them.

**Criteria for applying:**

* You live in Greater Manchester
* You are a person of colour
* You have an interest and some experience in mindfulness/ meditation
* You wish to make a positive contribution to the communities of Salford/ Greater Manchester and see that offering mindfulness is one way that you can do that.
* You are committed to attending the induction session, all 9 of the mentoring sessions (in-person or online), participating in the 8 week MBSR, and be willing to share your experience with us.
* You are committed to attending the 12 month PTP training programme- details of the commitment required can be found here : <https://www.mindinsalford.org.uk/mindfulness/mindfulness-facilitator-training/>

**Application Form MENTEES**

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You can apply **either** by:

* Completing the form below
* Or making a short video on your phone (no longer than 5 minutes) answering the questions in the form below

Send the form/ or video to the Mindfulness Coordinator lilasuri@mindinsalford.org.uk or by post Mind in Salford, Angel Centre, 1 St Phillips Place, Salford, M3 6FA

**Deadline: 20th May 2022**

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| --- | --- |
| **Name** |  |
| **Email** |  |
| **Phone** |  |
| **Address** |  |

**Please answer the following questions:**

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| 1. **Please explain how you meet the criteria for the role (as set out in the Information and application Pack)**
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| 1. **Tell us about your personal practice. When did you start your mindfulness journey? What are your ‘go-to’ practices? Any experience of going on retreat?**
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| 1. **Why do you want to train as a mindfulness teacher?**
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| 1. **How do you feel the mentoring programme will support you?**
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**Please supply the Name of TWO referees (not relatives) who can comment on your suitability for the mentoring project:**

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| --- | --- |
| **Name** |  |
| **Occupation** |  |
| **Relationship to you** |  |
| **Email** |  |
|  |
| **Name** |  |
| **Occupation** |  |
| **Relationship to you** |  |
| **Email** |  |