

And What about You Sally?

Following the format of the document 'What to Look for In a Mindfulness Course and Teacher' here are the answers to the questions that the document might have provoked. If you want any more information please don't hesitate to contact me.

Teacher Qualification:

I trained and qualified with [Breathworks](#) in 2013. I chose Breathworks because I had attended a Breathworks Course myself 2 years before and found it really helpful. I have also attended a course with Oxford University School of Mindfulness to teach a course based on the book Finding Peace in a Frantic World. I attend a retreat annually and also have attended various CPD events.

Registration and Regulation:

I was accepted onto the UK Register of Mindfulness Teachers in 2016 after a rigorous and refereed selection process, I will need to assure the [UK Network for Mindfulness Based Training Organisations](#) that I am still meeting their criteria on an annual basis.

Support and Supervision:

I have formal supervision from a very senior Breathworks Teacher when I am running courses. I am currently training to be a Supervisor myself and as part of my personal development I am undertaking monthly co-supervision with a fellow supervisor in training.

Length of Courses and sessions.

My Mindfulness for Stress and Mindfulness for Health Courses are 8 weeks long and each session lasts 2 hours (no break). I have also run a Frantic World Course in house and for this the sessions are shorter 1 to 1 ¼ hours. I also run day retreats and short taster sessions (1 to 1 /2 hours). I have also run specialist sessions such as Mindfulness for Social Work managers.

The cost of a course.

Luckily I am not dependant on making a significant income from Mindfulness Courses however I do try to break even. Like most mindfulness teachers I feel a certain amount of unease about the amount I have to charge (I charge less than the recommended rate) but if I add up the amount it costs me to just be a Mindfulness Teacher I realise that I am subsidising most courses out of my household income!

Becoming a Mindfulness Teacher.

I stumbled across mindfulness at a very difficult time in my life and I credit it with saving my mental health. As a professional trainer I came under pressure almost from the start to become a teacher myself but I didn't train for a couple of years, by which time my life crisis had passed and I had really consolidated my own practice. The training in itself taught me far more about Mindfulness and myself as a mindfulness practitioner as well as helping me to deliver the courses. I love teaching Mindfulness, I like working with groups and individuals and I love to see the positive impact that learning mindfulness has on many of the participants in my courses.