

Meditation Teacher Training Course (average 120 hours) – 12 modules.

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers

Initials graduates can use: Mbe.MedTeach. (Mind Body Education Meditation Teacher)

Curriculum Area	Competency	Minimum Hours
Module One Foundation studies in meditation	History and theory of meditation Meditation in the western world Brainwaves in meditation Meditation techniques and styles Developing meditation routines Deepening and refining your practice	10 hours
Module Two Understanding the cause & effects of stress	Understanding stress Psychological causes of stress The Fight-or-flight response Physiology of the stress response Human behavioural manifestations of fight-or-flight Negative effects of the stress response in humans Positive stress Stress management Meditation development and practice Chakra meditation Concentrative meditation Mindfulness meditation	10 hours
Module Three Foundations of human happiness	The psychology of happiness Subconscious programming and reprogramming States of mind Fundamentals of self-image The pursuit of happiness Subconscious programming and reprogramming Guided meditation (creative visualisation)	10 hours
Module Four Tools for healing	Tools for healing Positive thinking skills Foundations of mind-body medicine Meditation as a healing tool & hypnotic states Journaling and gratitude	10 hours

	<p>Understanding affirmations Tools for developing a positive self-image Meditation as a healing tool Movement meditation</p>	
<p>Module Five Meditation styles and techniques</p>	<p>Poses and positions Breathwork Chakras and energy meditation Guided meditation & creative visualisation Mantras and affirmations in meditation Gentle seated movement meditation (formally chair yoga)</p>	10 hours
<p>Module Six Teaching skills</p>	<p>Before you teach Talking to groups & group leadership skills Answering questions about meditation Leading guided meditations Overcoming obstacles to meditation practice Creating safe and effective teaching environments Group leadership skills</p>	10 hours
<p>Module Seven Working with specific groups</p>	<p>Teaching various meditation styles Working with teenagers Working with people with physical disabilities Working with people with emotional disorders Working with health care professionals Business clients and corporate groups Dealing with difficult clients</p>	10 hours
<p>Module Eight Counselling & coaching skills for meditation teachers</p>	<p>A client-centred approach Your role as holistic counsellor Building the foundations of happiness Equipment Outcomes of holistic counselling The holistic counselling sessions Assessment and introspection Goal setting Support Part Listening skills Holistic counselling tools for meditation teachers</p> <ul style="list-style-type: none"> ● Life charting 	10 hours

	<ul style="list-style-type: none"> ● Reflection time ● Needs assessment chart ● Gratitude journal ● Worry time ● Positive thinking skills ● Affirmations ● Meditation as a healing tool 	
<p>Module Nine Designing and facilitating classes and workshops</p>	<p>Designing courses and workshops</p> <p>Integrity and intentions</p> <p>Setting the scene</p> <p>Creating strong foundations for your groups</p> <p>Understanding learning styles</p> <p>Choosing your teaching style</p> <p>Terrific teaching techniques and tips</p> <p>Student management</p> <p>Working with seniors</p> <p>Choosing venues</p>	10 hours
<p>Module Ten Virtual, corporate and community settings</p>	<p>Corporate stress management workshops – Includes corporate teachers course manual.</p> <p>Approaching community groups and organisations</p> <p>Volunteer and community work</p> <p>Teaching online – Using Zoom</p> <p>Corporate stress management</p>	10 hours
<p>Module Eleven Holistic small business management</p>	<p>Ethics and Professionalism</p> <p>Your public profile</p> <p>Fundamentals of customer service</p> <p>Maintaining student/client records</p> <p>Charging for your services</p> <p>Running a small home office</p> <p>Joining organisations</p> <p>Insurance and legalities</p>	10 hours
<p>Module Twelve Marketing: The key to success</p>	<p>Understanding the power of branding</p> <p>Targeted marketing and advertising</p> <p>Building your community</p>	10 hours



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Course Fees

Upfront payment: *Total*

\$1,100 SAVE \$150

Payment plan:

Initial \$250 deposit

10x \$100 weekly deposits

Total \$1,250