

The world needs us now more than ever! For almost two decades, the MindUP Program has been helping children develop the mental well-being and fitness necessary to thrive in school and in life.

### MindUP Training Opportunities

MindUP training is designed to enable whole-school implementation and support long-term impact. All school personnel and the wider school community are involved to help develop a mindful culture where children can thrive and be happy. A school that commits to implementing MindUP understands the importance of creating a positive ethos built upon shared values, placing well-being at the heart of everything it does.

We are currently offering a series of MindUP trainings for schools, parents, administrators and school districts. These trainings have been thoughtfully designed and offer a menu of learning journeys that best support your needs and schedule.

#### Training Options:

1. **Virtual training** that is facilitated live by an experienced MindUP Trainer (synchronous).
2. **Self-paced** learning through our new online platform and membership program launching Spring 2021 (asynchronous).

#### Experienced MindUP Educators

If you have previously participated in MindUP Training, please contact us for onboarding and pricing options to transition to our 2nd edition of the MindUP curriculum. Also, check out our [MindUP Champion](#) and [MindUP Train the Trainer](#) opportunities.

### New! Online Platform Membership

Online memberships are available to all individuals interested in the MindUP program. Membership provides you with access to:

- Electronic MindUP curriculum
- Exclusive self-paced training opportunities for educators, parents, caregivers, and individuals looking to start or continue their MindUP learning journey
- Additional content including an expert video series and other resources to support MindUP integration
- Access to a free course for parents and administrators

**Scholarships are available for those requiring financial aid.**



## Virtual Training Options

### Option 1: Full Year Model + Online Memberships: \$5000 USD

This full year model includes four different virtual training sessions that can be spread throughout the school year based on the school's needs. A certified MindUP consultant will lead each training and help the school plan for in-person or remote implementation. This model includes:

- MindUP Pillars, Building Community, The Brain & The Brain Break (90 Minutes)
- Mindful Awareness (60 minutes)
- Perspective Taking & Optimism (60 minutes)
- Acts of Kindness & Gratitude (60 minutes)
- Three Coaching and Mentoring sessions (60 minutes each)
- Online membership for up to 30 people

### Option 2: Introductory Model + Online Memberships: \$2500 USD

A certified MindUP consultant will lead this introductory session, introducing staff members and parents to the MindUP program, focusing on the neuroscience of mindfulness and our signature Brain Break. This model includes:

- MindUP Pillars, Building Community, The Brain & The Brain Break (90 Minutes)
- Coaching and Mentoring Session (60 Minutes)
- Online membership for up to 30 people

**\*There is a detailed outline of training on page 3.**

### Open Enrollment for Individuals:

We are excited to offer open enrollment for individuals who would like to participate in virtual training for the MindUP program. This training is open to all who are interested including educators, administrators, parents and caregivers. This training option includes:

- Introductory session (90 minutes)
- Membership to our online platform

### MindUP Champion Training: \$1000 USD

Become a MindUP Program expert for your school or district. Develop Communities of Practice and support school-wide program implementation. Training includes:

- 5 Virtual Training Sessions
- Coaching and Mentoring calls to support implementation
- Communities of Practice Framework

### MindUP Train the Trainer: \$1500 USD

Apply to become a MindUP Trainer for your district. All applicants must verify their experience in SEL and the MindUP Program to qualify. Applicants will receive and be assessed on:

- 5 virtual training sessions
- Coaching and Mentoring calls
- Assessment & demonstration performance

Please note: we have an annual re-certification process which includes a renewal fee and a course via our online membership program.

[Apply for Train the Trainer here.](#)

For more information on training and scholarship opportunities for individuals, schools and districts please contact [hello@mindup.org](mailto:hello@mindup.org)

## Training Session Appendix

### **MindUP Pillars, Building Community, The Brain & The Brain Break (90 Minutes)**

This virtual training is for staff members to be formally introduced to the MindUP Program, grounding participants in research and the four pillars in which the program is built: neuroscience, positive psychology, mindful awareness and social-emotional learning. It also focuses on the brain, the signature Brain Break, and getting focused (Unit 1). By the end of this training, teachers have a solid understanding of our evidence-based program and will be prepared to implement the MindUP Brain Break with students in remote and in-person settings.

### **Mindful Awareness (60 Minutes)**

In this virtual training, staff members will be introduced to mindfulness and explore its meaning through our senses: seeing, touching, smelling and listening. By the end of this training, teachers will have the tools to implement various mindfulness practices as well as create a mindful corner in class or at home.

### **Perspective Taking & Optimism (60 Minutes)**

In this virtual training, staff members will get a deeper dive into positive psychology with a focus on developing an optimistic mindset. By the end of this training teachers will have learned tips and strategies they can use with students in class or remotely to start rewiring their brain towards optimism.

### **Gratitude & Acts of Kindness (60 Minutes)**

In this virtual training, staff members will learn about the rewards our brains receive when we practice kindness not only towards ourselves but also towards others. By the end of this training, teachers will develop strategies for kindness and gratitude that will impact the community.

### **Free Parent Training (60 Minutes)**

An online self-paced training for parents and family members to learn tools and techniques to use MindUP in the home environment.

### **Coaching and Mentoring (60 Minutes)**

A MindUP trainer will schedule coaching and mentoring sessions with a small group of MindUP training participants from the school to support implementation.