



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.

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

PROGRAM PARTICIPANTS WILL RECEIVE

- Certified MindUP™ Training Certificate
- Ability to conduct district or organizational-wide MindUP™ training
- Access to MindUP™ Library of resources for Certified Trainers

PROGRAM DETAILS

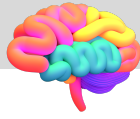
- Virtual Training Workshops
- Course work will be assigned pre and post-virtual training workshops
- Assessment which includes a training demonstration
- Mentorship conference calls to support and assess program integration
- MindUP™: Online Membership (one-year subscription for each participant)

TRAIN THE TRAINER

In the MindUP™ Train the Trainer Program, participants will:

- Learn about the principles of MindUP™ with discussion about ideas as to how to implement MindUP™ in the classroom;
- Become familiar with the theoretical and pedagogical foundations of MindUP™;
- Develop an acquaintance with how MindUP™ supports children's acquisition of skills to recognize and manage emotions, develop concern for others, make responsible decisions, and maintain positive relationships;
- Learn how to integrate the principles and concepts of MindUP™ into standards-based curricula
- Evaluate and manage the efficacy of MindUP™
- Explore a variety of topics and issues focused on SEL, mindful education and the MindUP™ curriculum.

Please note: we have an annual re-certification process that includes a renewal fee



TRAIN THE TRAINER APPLICATION

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

SESSIONS HELD WEDNESDAYS 6:30 PM EST/3:30 PM PST

Session	Fall 2022	Winter 2023	Spring 2023
Orientation (60 minutes)	September 28th	January 11th	April 19th
Session 1 (90 minutes)	October 5th	January 18th	April 26th
Session 2 (60 minutes)	October 12th	January 25th	May 3rd
Session 3 (60 minutes)	October 26th	February 1st	May 10th
Session 4 (60 minutes)	November 2nd	February 8th	May 17th
Session 5 (120 minutes)	November 9th	February 15th	May 24th

SESSION OVERVIEW

Session 1: MindUP Pillars, Building Community, The Brain & The Brain Break. You will be formally introduced to the MindUP Program, grounding participants in research and the four pillars of the program: 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, you will have a solid understanding of our evidence-based program and feel prepared to teach the MindUP Brain Break to fellow staff in remote and in-person settings.

Session 2: Mindful Awareness. You will be introduced to mindfulness and explore its meaning through our senses: seeing, touching, smelling, and listening. By the end of this training, you will have the tools to implement and teach various mindfulness practices as well as create a mindful corner in class or at home.

Session 3: Building a Mindful Mindset. You will take a deeper dive into positive psychology with a focus on developing an optimistic mindset. By the end of the training session, you will have learned tips and strategies to teach fellow staff and students to start rewiring their brains towards optimism.

Session 4: Spreading Gratitude and Kindness. You will learn about the rewards our brains receive when we practice kindness, not only towards others but also to ourselves. By the end of this training, you will develop strategies to include kindness and gratitude practices that will impact your community.

Session 5: You will be assessed on your knowledge and understanding of the course so far. Participants will be divided into teams and given a topic to prepare a presentation/exercise for the larger group. This session will also cover expectations for a MindUP trainer, resource library, training material, certificate, and next steps.