

8-week MBSR Co-Teaching Opportunities from 2023

For MBSR TT Students who are FULL Community Members

FAQ	Answers
<b>What is it?</b>	<p>Co-teaching is a commitment to teaching 50% of the whole 8-week MBSR programme together with an experienced MindfulnessUK Tutor. An opportunity for MBSRTT students to deepen their understanding and hone their teaching skills.</p> <p>Co-teaching DOES count as a supervised MBSR for the student as part of their pathway.</p> <p>Co-teaching with MindfulnessUK is completely optional and depends on MBSR course availability– MBSR TT students can deliver their supervised MBSRs solo if they wish to.</p> <p>Each student can only take up this opportunity for one of their MBSR courses and is subject to availability.</p> <p>There is the opportunity for one student to co-teach per 8-week MBSR course.</p>
<b>Considerations and how students can request to co-teach</b>	<p>Students express an interest via <a href="mailto:admin@mindfulnessuk.com">admin@mindfulnessuk.com</a>, requesting the co-teaching opportunities for specific 8-week MBSR course taught by MindfulnessUK Tutors.</p> <p>Students will only be considered to co-teach if they are able to commit to all the bullet points below:</p> <ul style="list-style-type: none"><li>• Attending in full all sessions (including the retreat session), co-teaching 50% of each session and 50% the retreat half day of practice (<i>Each course will only run if 6 or more participants sign up</i>)</li></ul>

	<ul style="list-style-type: none"> <li>• Student must arrive on time, fully prepared and ready to teach.</li> </ul>
<b>What's expected from the student co-teaching</b>	<p>Booking supervision at least one week before the start of the MBSR course, as per the MBSR Supervision agreement. Co-teachers will be involved in the Initial Assessment and planning of the MBSR programme.</p> <p>Using the session plans from your MBSRTT notes - Email a session plan to your supervisor before supervision starts with your 50% planned teaching highlighted or send a list.</p> <p>Co-teaching – planning, preparing and delivering 50% of the 8-week sessions.</p> <p>Preparing and delivering 50% of the practices, readings and inquiry at the retreat session.</p> <p>If the co-teacher is not prepared and ready to teach, the MindfulnessUK Tutor reserves the right to cease the co-teaching arrangement.</p>
<b>Cost</b>	There is <b>no payment</b> to the student or from the student for co-teaching.
<b>Supervision Cost</b>	The same cost as usual supervision for one 8-week MBSR – as specified on the MBSR supervision agreement.