

MBST Teacher Programme

Programme starting in March 2024 until February 2025



Embark on the journey to become a certified teacher in evidence-based **MBST Training Mindfulness-Based Sustainable Transformation** and bring it to your learning community.

8 modules of self-learning + 8 Q&A sessions of 3 hrs + 3 double sessions of 4 hrs each

Kick-off Session

• 2 Sessions of 4 hrs each

Module 1. Getting Started

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 2 The Awake Mind

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 3. The Intelligence of Emotions

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 4 Calling & Contributions

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 5. Self-efficacy and Systems Thinking

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 6 Collaboration

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 7. Prototyping

- Two 2-hour peer group sessions
- One 3-hour teacher session

Module 8 Collaboration

- Two 2-hour peer group sessions
- One 3-hour teacher session

Closing Session

• 2 Sessions of 4 hrs each

Certification Session

• 2 Sessions of 4 hrs each

2 Extra Sessions for non-Mindfulness Teachers

• 2 Sessions of 4 hrs each