



MBCP Teacher Mentoring Groups

The MBCP Teacher Mentoring Groups (TMGroups) are offered by MBCP faculty and selected senior MBCP teachers, in order to provide support and mentoring to all MBCP instructors to nurture growth as an MBCP teacher, to support the deepening of the MBCP teacher's individual personal practice and to foster community and connection within our MBCP teacher community. **We strongly recommend that attendance in TMGroups is viewed as a long-term commitment to quality and integrity of teaching, even as experience and confidence grow.** Our recommendation is all MBCP teachers attend a TMGroup annually for the duration of their teaching career.

Criteria for Participation

TMGroups are open to those who have completed the online Level 1 MBCP Teacher Training course and who are planning to teach or currently teaching a class or a couple using the MBCP curriculum. Background and practice as outlined in the [MBCPTT Background Document](#) is required. Teaching and learning will be tailored to the individual needs and progress of each participant.

TMGroups will meet for 8 sessions. The dates and times for each group will be shared in the [Announcements](#) section in Ruzuku as well as in the [Alumni Pages](#) on our website. The TMGroups will be made available at least four times a year.

Since it may not be possible to match the timing of teaching an MBCP course to a mentoring group, individual mentoring sessions are also offered for those who need it. Please contact lily@mindfulbirthing.org for more information about individual mentoring and to begin the process of scheduling individual mentoring sessions.

TMGroups and Certification.

The requirement for certification is a minimum of 10 mentoring sessions. This would normally comprise attendance in 1 TMGroup (8 sessions) plus, at least, a further 2 individual sessions to make up the required 10. This does NOT include the pre-certification interview with a mentor to discuss your readiness to begin to record for the certification process.

Structure of the TMGroups

Each participant will schedule a phone or Zoom appointment with an MBCP instructor before the first session to review teaching and learning intentions, individual needs, current formal mindfulness practice and anything else that is relevant to a particular participant.

Each mentoring session will include:

- a brief sit
- personal practice reflections
- inquiry regarding what went well and what was challenging in the previously taught MBCP

- session (if applicable)
- overview/planning for the participant's next MBCP class or session
- closing

All participants will be asked to keep a practice journal and to reflect in a sentence or two on their daily personal practice as well as a few sentences of reflection regarding the teaching of their recently taught MBCP class, including what went well and what challenges and questions arose for them.

The group mentoring includes one individual session to review a video or audio recording of the participant's classroom teaching and/or a consultation regarding next steps in training. The [MBI-TAC](#) will be used for the assessment of the video or audio recording.

Technology

The video conference program [Zoom](#) will be used for TMGroup meetings. Each participant needs to have access to a stable internet connection, a camera and a headset with microphone.

TMGroup Size and Length of Sessions

Optimal is to have at least four participants in each TMGroup. If there are four or less participants in a group, the group will meet for 1.5 hours. If there are more than four participants in a group, the session will meet for 2 hours.

Fees

The first TMGroup you attend is considered to be an integral part of your training. The cost of your first TMGroup is included in the MBCP Teacher Training tuition as of MBCPTT 2021/22. If you trained prior to that year, the mentoring fees were not included in tuition. Subsequent fees for the TMGroups and individual mentoring sessions are based on a sliding scale, depending on the participant's income and ability to pay. The fee ranges from \$160 to \$320 per 8-week group series, and the appropriate fee will be determined by the participant. Your contributions go directly to the faculty mentors, with the exception of a small administrative fee that goes to the MBPF. Mentors are generously offering their time, and mentee fees are the only payment they receive for these 12-16 hours of support.

If paying \$160-320 would be a barrier to participation, please contact lily@mindfulbirthing.org to discuss the appropriate fee for you.