

MINDFULNESS-BASED INTERVENTIONS: TEACHING ASSESSMENT CRITERIA – SUMMARY

Domain	Key features	Incompetent	Beginner	Advanced Beginner	Competent	Proficient	Advanced
1. Coverage, pacing and organization of session curriculum	<i>Authenticity and potency Connection and acceptance Compassion and warmth Curiosity and respect Mutuality</i>						
2. Relational skills	<i>Present moment focus Present moment responsiveness Calm and alertness Attitudinal foundations Person of the teacher</i>						
3. Embodiment of mindfulness	<i>Language – precise and spacious Key learning for each practice available Elements to consider when guiding</i>						
4. Guiding mindfulness practices	<i>Language – precise and spacious Key Learning for each practice available Elements to consider when guiding</i>						
5. Conveying course themes through inter-active teaching	<i>Experiential focus Layers within the inquiry process Conveying learning Teaching skills Fluency</i>						
6. Holding of group learning environment	<i>Learning container Group development Common humanity Leadership style</i>						
Notes/Comments							



MINDFULNESS-BASED INTERVENTIONS: TEACHING ASSESSMENT CRITERIA – COMMENTARY SHEET

Domain	Teaching Strengths	Learning Needs
1. Coverage, pacing and organization of session curriculum		
2. Relational skills		
3. Embodiment of mindfulness		
4. Guiding mindfulness practices		
5. Conveying course themes through interactive teaching		

