

Is this course online or in-person?

All of our programs are offered online.

retreat live (as works with your time zone) and your private coaching sessions.

How long is the course?

Six months

How will I participate in online classes and how long are the classes?

Online classes meet twice per month for three months (six classes total). We use Zoom. When logged in, you will be able to view your instructor and classmates. You will also be able to ask questions by speaking or type questions and comments in the chat. Classes are 90 minutes long.

What do I do if I miss an online class?

All online classes are recorded, so you can view the class recording on our training platform for up to two months. You do not need to attend classes live to become certified, but you do need to attend the one-day

How much homework will I be responsible for?

You will be responsible for one hour per week of reading and writing to fill certification requirements. And you will need to practice mindfulness meditation as described by your instructor for a minimum of 90 minutes per week for the first three months of the course; and increase your practice to a minimum of 120 minutes per week for the remaining months of the course. As a certification candidate you will also perform your student teaching or clinical practice. This will involve prepping for lessons and sessions, conducting mindfulness sessions, and documenting your experience during these sessions.

If you are not enrolled in a certification program, all homework is optional.

How much does the mindfulness coaching certification cost?

If you are a certification candidate, your monthly investment in yourself is \$199 USD per month. Monthly payments can be cancelled at any time, however, any payments made before cancellation will not be refunded. Cost is different if you are not enrolled in a certification program.

Monthly program investment includes:

- Participation in six 90-minute online classes.
- Continued digital instruction via discussion forums between classes.
- Unlimited access to recorded classes.
- One 1-day online retreat.
- One certification if all requirements are filled. Additional certifications are \$300 each.
- Unlimited access to coaching curriculum, normally sold for \$89.00.
- 12 one-hour Mindfulness Coaching sessions with Sarah Vallely.
- Additional training in curriculum not shared in classroom instruction.
- Personalized & focused guidance for your sitting

mindfulness practice and daily mindfulness mindset.

- Deeper skills and experience to strengthen your work with students and clients.

How do I get certified?

Counselors, coaches & healers will meet with six clients, three sessions each. Teachers will teach six classes to a small group. Ministers will teach two classes, hold two counseling sessions, and give two sermons. All certification candidates will need to complete course training, private coaching for their specific program and participate in a 1-day retreat virtually and complete all the necessary paperwork, including prep materials, session notes, and practice reflections.

Can I cancel my program or move to another cohort?

Yes, you can cancel your monthly auto-payment at any time. However, any payments made before cancellation will not be refunded. Any monthly payments you have made can be transferred to another cohort, therefore you will not pay more if it becomes necessary for you to switch cohorts.