IMTA-ACCREDITED PROFESSIONAL TRAINING · FOUNDING COHORT · SEPTEMBER 2027

MindCoachers Certified *Mindfulness* Instructor

MCMI — Professional Certification & Integration

> A 12-week live online professional certification designed for coaches, therapists, educators, HR leaders and yoga teachers who want to teach mindfulness with lasting impact.

ACT-INFORMED CURRICULUM | TRAUMA-AWARE SAFETY | IMTA ACCREDITATION | 100% LIVE ONLINE



12	200+	36+	€3,500
WEEKS TRAINING	TRAINING HOURS	PEER REVIEWS	FOUNDING RATE

The Professional Gap in Mindfulness Teaching

> *"The difference between a practitioner who recommends mindfulness and one who teaches it professionally is not personal experience. It's structured training, recognised accreditation, and the confidence to command the room."*

You already know mindfulness works. **But without a credentialled framework behind you, you are suggesting it — not teaching it.**

WITHOUT THE MCMI	WITH THE MCMI
No structured teaching framework	IMTA-accredited international credential
Anecdotal recommendations only	Clinical & coaching protocols for 6 contexts
1–2 supervisor reviews (typical)	36+ structured peer reviews over 12 weeks
Isolated after training ends	Lifelong Teaching Circle community

ACT + Trauma-Aware Safety + Neuroscience

Three advanced frameworks that work across every professional context — none of which generic MBSR teaches.

36+ structured peer reviews

Real teaching, real feedback, every week. Faculty clinical lens on selected sessions.

Lifelong professional community

The Teaching Circle — peer practice circles, case consultation, Dr. Jackson's content. You never practice in isolation.

IMTA Professional Level

Direct pathway to CMT-P — the highest individual credential in the international mindfulness field.



Designed for High-Impact Professionals

PRIMARY

Executive & Leadership Coaches

ICF renewal + C-suite credibility

ACT-informed neuroscience gives you a rigorous framework for executive contexts and justifies premium engagements with evidence-based tools.

CLINICAL

Psychologists & Clinical Therapists

ACT + trauma-sensitive protocols

Polyvagal theory, Window of Tolerance, and trauma-aware frameworks for billable, defensible group mindfulness interventions.

HIGH ROI

Corporate HR & Wellness Managers

Internal Master Trainer pathway

Deploy a complete mindfulness curriculum organisation-wide. Often company-sponsored — with a clear, measurable ROI for leadership.

IMPACTFUL

Educators & Social Workers

Trauma-aware community teaching

Bring evidence-based, trauma-sensitive mindfulness to classrooms and community settings.

EXPANDING

Yoga Teachers & Wellness Pros

Clinical credentials beyond yoga

Open clinical, corporate and educational contexts that yoga training alone cannot access.

CLINICAL+

OTs, Physios & Allied Health

Expand clinical scope

Add IMTA-accredited mindfulness teaching to your clinical toolkit. Offer structured group-based interventions within professional scope.



TEACHING FACULTY

World-Class Credentials Meet Practical Teaching Experience

03

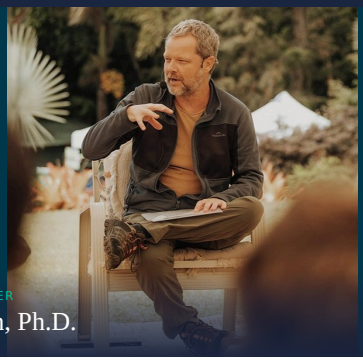


FOUNDER & MCMI LEAD FACULTY

Frédéric Giraud, CMT-P

"Authenticity Through Lived Experience"

- Certified MBCR Specialist & Trauma-Informed Educator · IMTA CMT-P
- Leading DANA crisis mindfulness response, Valencia



COMMUNITY LEAD TEACHER

Dr. Corey Jackson, Ph.D.

"Anchoring Modern Resilience in Ancient Wisdom"

- Ph.D. Buddhist Theory & Modern Psychology
- Founder — Balanced Minds Community · 20+ years international teaching

GUEST LECTURERS — 6 SPECIALISTS



GUEST LECTURER

Dr. Rachael Skews, Ph.D.

"Science-Backed Coaching for Sustainable Change"

ACT-informed coaching psychologist. Expert in translating behavioural science into evidence-based protocols proven in RCTs.

- Chartered Coaching Psychologist & Chartered Scientist (Science Council)
- PhD Psychology, Goldsmiths, University of London
- Fellow & Accredited Supervisor, International Society for Coaching Psychology



GUEST LECTURER

Mila de Koning

"Compassion as a Force for Change"

20+ years in mental healthcare. Senior MSC, MBSR & MBCT trainer. Co-author: Heart for the Doctor (2020).

- Senior Teacher Trainer & Supervisor, MSC — Center for Mindful Self-Compassion, San Diego
- Founder — Mindfulness Expertise Centre, VU Academic Medical Centre, Amsterdam
- Faculty Member, UC San Diego Center for Mindfulness



GUEST LECTURER

Dr. Gizem Çeviker, Ph.D.

"Trauma-Sensitive Mindfulness & Nervous System Regulation"

Clinical & developmental psychologist integrating mindfulness, Schema Therapy and trauma-informed approaches.

- Certified MBSR, MBCT & Mindful Parenting Teacher
- Specialises in developmental trauma, attachment & nervous system regulation
- University lecturer & professional supervisor for psychologists



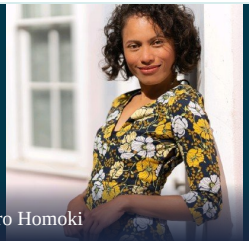
GUEST LECTURER

Susan Hargreaves, B.Ed, MSt (Oxon)

"Grounding Wellbeing in Everyday Practice"

Counsellor, educator & MBCT specialist with experience across schools, universities and private practice.

- Masters MBCT & MBCT for Life — University of Oxford
- Grad. Diploma, Counselling — Australian College of Applied Psychology
- Oxford University Counselling Service · Jesus College Welfare Officer



GUEST LECTURER

Kristine Navarro Homoki

"Embodied Presence for Modern Leadership"

Somatic mindfulness & executive coach. Helps leaders build resilience they can feel — not just understand in theory.

- Executive Coaching & Leadership Development: Senior Consultant in Sustainability & Impact Executive Programmes at Saïd Business School, University of Oxford
- Coach within the Oxford Coaching Network, working with senior leaders, founders and C-suite professionals to strengthen leadership capability, resilience, career development and strategic impact.



GUEST LECTURER

Dr. Tamara Russell, Ph.D.

"Expanding the Potential of Mindfulness"

Pioneer in body-based & creatively adapted mindfulness for those who struggle with traditional sitting practice.

- Chartered Clinical Psychologist — BPS & HCPC Registered
- PhD Experimental Psychology, King's College London · DClinPsy, UCL
- Founder — Mindfulness Centre of Excellence UK & Body in Mind Training

Your MCMI Certification Roadmap — 4 Parts

01

36 HRS LIVE

Conceptual Architecture

12 Live Modules — Theory & Science

- 3-hr weekly modules (Wednesdays)
- ACT frameworks + neuroscience (DMN/CEN/SN)
- Trauma-Aware Safety & Polyvagal Theory
- Compassion-Focused Protocols, Group Dynamics
- Ethics, scope of practice, professional sustainability

02

24 HRS LIVE

Clinical Laboratory

12 Applied Workshops — Live Practice

- 2-hr workshops (Thursdays)
- Live teaching to peer groups weekly
- 3–4 expert reviews per session
- 36+ structured peer reviews total
- 3× faster skill growth vs. traditional models

03

5 DAYS

Immersive Online Retreat

5-Day Silent Intensive

- Residential-style online immersion
- Flexible scheduling — retreat runs 4 times a year
- Silent practice & Buddhist scholar guidance
- Forges non-anxious professional presence
- Dr. Helena Reinier Gardola & senior faculty guided

04

35 HR PRACTICUM

Capstone Validation

Professional Assessment & MCMI Award

- 35-hr field practicum from Week 1
- Mid-training & final observed assessments
- Capstone teaching demonstration
- MCMI credential issued globally
- IMTA CMT-P fast-track eligibility

> *IMTA-aligned. The MCMI meets and exceeds the competency standards set by the International Mindfulness Teachers Association — ensuring your credential is recognised wherever you work.*



CURRICULUM

The 12-Week Professional Journey

05



PHASE 1 — FOUNDATIONS (WKS 1–4)

1 Foundations of Professional Presence

- Establish personal practice foundation & teaching presence
- Apply IMTA competency framework to self-assess baseline

2 Neuro-Cognitive Architecture & ACT

- Explain DMN/CEN neuroscience to professional audiences
- Apply ACT core processes to design evidence-based interventions

3 Science of Compassion & Resilience

- Guide compassion-focused practices using CFT protocols
- Design resilience sessions for high-burnout professional groups

4 Mastering Mindful Inquiry

- Facilitate structured inquiry without leading or fixing
- Respond to disclosures with grounded professional presence

PHASE 2 — RELATIONAL MASTERY (WKS 5–8)

5 Excellence in Practice Delivery & Adaptive Teaching

- Guide multiple practice types; adapt sequencing in real time
- Integrate 36+ peer feedback cycles to accelerate mastery

6 Group Dynamics & Container Management

- Identify & manage group dynamics threatening safety
- Design session openings that establish container conditions

7 Trauma-Aware Safety Protocols (TSM)

- Apply Window of Tolerance model to identify group activation
- Implement grounding interventions without disrupting the arc

8 Teaching Youth & Neurodiversity

- Adapt training for adolescent & neurodiverse participants
- Design age-appropriate inquiry for classroom settings

PHASE 3 — APPLICATIONS (WKS 9–12)

9 Relational Systems & High-Stakes Communication

- Facilitate relational mindfulness in team & high-conflict contexts
- Demonstrate regulated presence under pressure

10 Somatic Clinical Protocols & Sensation

- Guide somatic practices for chronic pain & trauma histories
- Apply ethical language in health-adjacent contexts

11 Professional Ethics & Practice Launch

- Articulate scope of practice across professional contexts
- Design & pitch a training for your target market

12 Organisational Transformation & Capstone

- Deliver 15-min demonstration assessed to IMTA rubric
- Complete all requirements & receive your MCMI credential

Each module: 3h Conceptual Session + 2h Live Practice Workshop · All sessions recorded · Minimum attendance applies

You Teach Live — Every Single Week



Traditional certifications: 1–2 supervisor reviews total. The MCMI: **36+ structured, rubric-based peer reviews across 12 weeks.** Every week — real teaching, real feedback.

1. **You Teach Live**
   Guide a 15–20 min practice to your peer group via the live workshop platform
2. **Peer Reviews**
   Receive 3–4 structured rubric-based reviews from calibrated peers
3. **Expert Feedback**
   Faculty add a clinical lens to selected performance reviews
4. **You Improve**
   Weekly iteration accelerates skill growth 3× faster than traditional models

12	36+	3–4	3×
TEACHING SESSIONS Every week, you teach	PEER REVIEWS Rubric-calibrated	REVIEWS PER SESSION Multiple perspectives	FASTER SKILL GROWTH vs. supervisor-only

IMTA requires: 2 observed teaching reviews (minimum standard)
MCMI delivers: 36–48 structured reviews — 18× the minimum, calibrated to professional competency standards.

The Teaching Circle — Your Professional Home for Life

50%+ Burnout rates among mindfulness professionals exceed 50%, driven by isolation after training ends. Most certifications abandon you the moment you graduate. **The MCMI is designed differently.**

PHASE 1–3 · REQUIRED

Curriculum Support Hub

Weeks 1–12 + Practicum

Peer accountability, resource sharing, live Q&A, and faculty support throughout your 12 weeks.

PHASE 4 · FREE FOR 6 MONTHS

Graduate Professional Circle

Post-certification onwards

Global network of MCMI professionals. Monthly peer practice circles, case consultation, and collaborative practice groups.

OPTIONAL · POST-CERTIFICATION

Professional Development Subscription

Available post-certification — ongoing

AMA sessions with Lead and Community lead teachers, advanced content library, and clinical consultation hours.

EXCLUSIVE · MONTHLY LIVE EVENTS

Wisdom Spotlights

Monthly live events with faculty

Dr. Jackson and guest faculty deliver clinical integration insights and applied case studies — theory to professional practice.

The Teaching Circle transforms the MCMI from a 12-week training into a lifelong professional environment — where isolation becomes impossible and professional excellence is sustained.



IMTA Professional-Level Accreditation & Hours



IMTA ACCREDITED

The MCMI is fully accredited at **IMTA Professional Level** — the gold standard for international mindfulness credentials. Recognised by institutional clients, continuing education bodies, and professional networks worldwide.

COMPETENCY AREA	IMTA MIN.	MCMI TRAINING DELIVERY
Teaching Methodology	50 hrs	24 hrs live + 35 hr practicum + peer review training
Mindfulness Studies	40 hrs	36 hrs live modules + Wisdom Spotlights + readings
Personal Practice	25 hrs	Daily practice + 5-Day Silent Retreat + Session 1 foundation
Contemporary Applications	10 hrs	Sessions 8, 9 & 10 — 15 hrs direct instruction
Cultural Competency	20 hrs	Trauma-Aware Safety integration + trauma-informed ethics framework
Professional Development	20 hrs	Professional Ethics module (Session 11) + Teaching Circle practice circles + practicum

IMTA CMT-P PATHWAY

Graduates receive a direct pathway to the IMTA Certified Mindfulness Teacher Professional (CMT-P) — the highest individual certification in the international mindfulness field.

- Insurance reimbursement (some jurisdictions)
- Institutional contracting & tendering
- CE recognition for coach development
- 2,000+ IMTA-certified global network

Schedule, Prerequisites & Investment

SCHEDULE

Start Date	22 September 2027 · Founding Cohort Open Now	
Wednesday (3h Module)	Europe CET US East EST US West PST	18:00–21:00 12:00–3:00 PM 9:00 AM–12:00 PM
Thursday (2h Peer Lab)	Europe CET US East EST US West PST	18:00–20:00 12:00–2:00 PM 9:00–11:00 AM
Format	100% Live Online — Zoom · 12 weeks (Sept–Dec 2027) + Concurrent Practicum	

PREREQUISITES

- ✓ Active personal mindfulness practice (minimum 2 years established)
- ✓ Professional background in coaching, therapy, education, HR, wellness or yoga teaching
- ✓ Completion of an 8-week mindfulness training (MBSR, MBCT or equivalent)
  Not yet completed? We offer a fast-track MBSR/MBCR intensive before every cohort — ask us for details.
- ✓ English language proficiency — all instruction in English
- ✓ Commitment: approximately 5–7 hours/week

INVESTMENT

Founding Cohort: 20 places at the preferential rate — seats confirmed on enrolment

GBP	EUR	USD
FOUNDING RATE	FOUNDING RATE	FOUNDING RATE
£3,000	€3,500	$3,900
~~Standard: £3,500~~	~~Standard: €4,000~~	~~Standard: $4,400~~
Save £500	Save €500	Save $500

A single corporate mindfulness engagement typically commands €1,500–3,500. **The MCMI pays for itself in two sessions.**

Reserve your place with the **€500 Enrolment Commitment Fee** · Payment plan: 3 instalments · Tax-deductible in many EU jurisdictions

NEXT STEPS

Unsure if the MCMI is right for you? Book a 30-minute discovery call — no commitment, just clarity.

Book a call: mindcoachers.com/en/mindfulness-teacher-discovery-call

Apply: mindcoachers.com/apply

Email: info@mindcoachers.com

READY TO TAKE THE NEXT STEP?

Book your free 30-minute discovery call — no commitment, just clarity.

mindcoachers.com/discovery-call →

Why Professionals Are Choosing the MCMI

CLINICAL RIGOUR & EVIDENCE-BASED EXCELLENCE

As a clinical psychologist and university faculty member at UAM, I unite rigorous behavioural science with the lived experience of mindfulness practice. I have reviewed the MCMI curriculum to ensure it meets the highest standards of evidence-based practice. When you present this certification, you are demonstrating training grounded in the same clinical research, professional ethics, and third-wave CBT frameworks I apply across my clinical and academic work.

Dr. Helena Reinier Gardola, Ph.D.
MCMI Lead Faculty · Licensed Clinical Psychologist · Clinical Psychology Faculty, UAM

A SKILLSET BUILT FOR THE REAL WORLD

I have spent years teaching mindfulness in high-pressure professional environments. During the 2024 DANA floods in Valencia, I saw how quickly 'fair-weather' mindfulness fails. Communities don't just need relaxation — they need grounded, somatic resilience that supports real-world effectiveness. I designed the MCMI curriculum to give you the exact tools I used — skills highly sought after by organisations who need measurable results, not just quiet moments. This is not just a certificate; the MCMI is a high-value professional asset.

Frédéric Giraud, CMT-P
MCMI Training Director & Lead Faculty · Certified Mindfulness Teacher — Professional Level

I completed Fred's MBCR training during one of the hardest periods of my life. What set it apart was the clinical precision — nothing felt improvised or generically 'wellness.' If the MCMI is built the way Fred teaches, it will be the most rigorous thing in this space.

Oncology nurse, Spain
MindCoachers MBCR graduate · MCMI Founding Cohort applicant

The MCMI curriculum is the first I've read that I would actually put in front of our procurement team. The trauma-aware protocols and the ACT integration solve the two objections I always get: 'is this clinical enough?' and 'what's the evidence base?' This answers both.

Head of People & Wellbeing, UK
Financial services firm · Curriculum reviewer

"If the MCMI does not pay for itself within your first year of teaching, I want to know why. That is a conversation I take personally."

— FRÉDÉRIC GIRAUD, CMT-P · MCMI TRAINING DIRECTOR & LEAD FACULTY

Frequently Asked Questions

Q Do I need to be a meditation teacher to join?

No. An active personal mindfulness practice (minimum 2 years) and a professional background in your field are the key prerequisites. The MCMI trains professionals to teach — not experienced teachers to improve.

Q How does the MCMI differ from MBSR or MBCT Teacher Training?

MBSR/MBCT Teacher Training trains you to deliver one specific protocol. The MCMI trains you to teach across multiple professional contexts — with ACT integration, trauma-aware frameworks, and adaptations for coaching, clinical, corporate and education settings.

Q Will I be eligible for IMTA CMT-P after completion?

Yes. The MCMI is designed as a direct pathway to IMTA CMT-P eligibility. Guidance on completing your CMT-P application is included in the training's final phase.

Q Is the training fully live or self-paced?

Live attendance is core to the model. Sessions are recorded for replay, but active participation in workshops is required. You commit to approximately 5–7 hours/week over 12 weeks.

Q What does the 35-hour practicum involve?

From Week 1, you begin teaching mindfulness in a real professional context — colleagues, clients, community groups. You document and reflect on this experience concurrently. Full guidelines provided at training start.

Q I'm in the US — can I join the European cohort?

Yes. US East Coast participants attend at 12:00–3:00 PM EST on Wednesdays and Thursdays — fully compatible with professional schedules. US West: 9:00 AM–12:00 PM PST.

Q Is there financial support available?

A Founding Cohort price and 3-instalment payment plan are available. Reserve your place with the €500 Enrolment Commitment Fee. In many European jurisdictions this qualifies as tax-deductible professional development.

Q What does the 5-day silent retreat involve?

A residential-style online immersion, scheduled flexibly (run 3 to 6 times a year). Each day includes guided practice, silent sits, and brief faculty input. Led by the faculty with full replay access guaranteed.

Full FAQ at **mindcoachers.com** · Book a 30-min discovery call: **mindcoachers.com/en/mindfulness-teacher-discovery-call**

MCMI FOUNDING COHORT · SEPTEMBER 2027

Your next step is *clear.*

You have the experience. You understand the impact. The MCMI gives you the professional framework, the international credential, and the permanent community to teach mindfulness with authority. Twenty founding places are available at a preferential rate — secured on enrolment. The September 2027 cohort will not be repeated at this price.

WHAT YOU GRADUATE WITH

- ✓ The MCMI credential — MindCoachers Certified Mindfulness Instructor, globally recognised
- ✓ IMTA Professional Level accreditation — direct pathway to CMT-P eligibility
- ✓ 36+ structured peer teaching reviews and a 35-hour verified practicum record
- ✓ Lifelong Teaching Circle membership — peer practice circles, resource library and Dr. Jackson's content
- ✓ A complete professional teaching toolkit: ACT, trauma-aware safety, neuroscience, compassion, inquiry and group dynamics protocols
- ✓ Faculty-validated capstone teaching demonstration for your professional portfolio

● **20 of 50 places** at the founding rate · Seats confirmed on enrolment · Founding rate closes when first 20 places are confirmed

PRIMARY ACTION

Book Your Discovery Call

30 minutes — no commitment, just clarity. 20 founding seats available.

RESERVE YOUR PLACE

Apply Now

Secure the founding rate — €500 Enrolment Commitment Fee

12	200+	IMTA	Lifelong
WEEKS	TRAINING HOURS	PROFESSIONAL LEVEL	COMMUNITY

mind coachers

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