



We're setting the standard in Workplace Mindfulness Facilitation and addressing the unique challenges you face bringing mindfulness to the workplace.

Mindful Leader's mission is to foster the advancement of mindfulness and compassion in the workplace. This certification program will provide you with the knowledge, tools, standards, and best practices in workplace mindfulness as well as the community support to apply it with confidence. Our program, combined with community support mechanisms to monitor this exciting and constantly evolving field, makes our Certification Program unique. Here we explain key features of the CWMF training and certification.

Program Eligibility

To be eligible to participate in the the certification training program you must have successfully completed or be currently enrolled in [8 Week MBSR course](#) (official standard & taught live).

Certification Requirements

To achieve certification you will need to complete the following:

- Agree to the the Mindful Leader Code of Conduct
- Attend all CWMF live classes over a 12 week period (including orientation)
- Pass the CWMF certification exam
- Facilitate 3 mindfulness practice sessions:
 - With your class pod group (group of up to 6 peers)
 - With a self-organized group of 3 or more participants
 - With your instructor and Pod to give your Demo
- Submit a CWMF Development Plan

Formal Certification

Once Mindful Leader has granted certification, you will receive a digital credential and badge valid for 1 year from issuance date. Please note that it is within Mindful Leader's discretion to grant or to withhold certifications as well as to remove anyone not in compliance with the Code of Conduct.

Once certified you will enjoy the following benefits:

- Invitation to Quarterly Alumni Gatherings, featuring guest speakers
- Access to Pod peer support groups around specific topics, which meet monthly
- Listing in a directory of CWMF professionals on the Mindful Leader website where potential employers or clients can verify your credentials
- Access to a private LinkedIn alumni group to participate in our certified facilitator Community for sharing, supporting and growing our practice.
- Membership to the CWMF Alumni Q&A Forum
- Access to the latest CWMF Toolkit
- Access to the latest CWMF course

Recertification

Certified Workplace Mindfulness Facilitators have the opportunity to renew their certification annually by submitting a renewal application where a Facilitator must assess progress of intentions set in the 4 core areas of their CWMF Development Plan including:

- Mindfulness and meditation personal practice
- Mindfulness facilitations in the workplace
- Mindful Leader CWMF alumni community involvement
- Continuing education over a 12 month period

Recertification is a process which begins a couple months prior to the 12 month period of the current certification and requires:

- An update on your progress in the 4 development areas in the last 12 months
- Your intentions for the 4 development areas in the next 12 months
- Reaffirmation of the Code of Conduct
- \$300 USD recertification fee

Code of Conduct

The following code of conduct applies to when you are facilitating mindfulness in a workplace environment.

I commit to:

- Practicing mindfulness regularly and being aware of the way it impacts me, those around me, and my ability to serve

- Treating everyone with dignity and respect and to creating an environment where people from any race, ethnicity, religion, sexuality, or gender identity feel welcomed
- Doing no harm and considering the impact of my actions on other people, the environment, and the greater good
- Contributing to and leveraging the collective intelligence of the facilitator community
- Continuously improving myself, my abilities, and my skill set, all while maintaining an open mindset