

## Mentorship Program Details

### 6 Month Commitment

Applications: Resume and Cover Letter due Dec 28th by 5pm

Interviews: Thursday January 3rd between 5-7pm & Saturday January 5th between 10:30am-12:30pm

Mentorship Duration: January 11th-July 13th 2018

Cost: \$750 (\$150 deposit and \$100 per month)

The mentorship is beneficial for individuals who want to:

- Cultivate a daily mindfulness practice.
- Deepen their understanding of relational mindfulness.
- Learn developmentally appropriate ways to teach mindfulness for children and families.
- Learn about attachment, attunement, emotion regulation and child development.
- Learn about interpersonal neurobiology and brain science.
- Receive peer support to further their own healing.
- Receive individualized support and coaching as they integrate their learning into various professional settings.
- Belong to a warm community where we laugh and play together!

Mentees receive the following supports:

- Weekly mindfulness meditation and group processing on Saturday mornings
- Monthly book discussion group and community support on Friday evenings
- Weekly listening times with peers
- At least one half day mindfulness retreat
- Monthly individualized coaching session
- Reduced cost additional coaching sessions (\$20 for 30 minutes)
- Free audio recorded guided meditations
- 50% off all trainings and educational workshops for adults

Mentees commit to assisting EPY families in the following ways:

- Supporting as assistants to teachers for classes and childcare
  - 2 10 week series (20 weeks total)
  - Entire commitment (supports, readings and assists for classes) is 5-8 hours per week
  - Classes happen on Saturday mornings after our mindfulness meditation

Mentees may be invited to participate in a second term. Each term lasts 6.5 months.

The first term is focused on helping mentees gain a personal understanding and practice of mindfulness to further their own healing and self-care as professionals working with children. This will invariably have a positive impact on their professional and personal lives.

The second term is focused on supporting mentees to become facilitators offering mindfulness-based guidance to families in their various professions. The emphasis is more on the science behind relational mindfulness and how to integrate this information into practice with children and families.

Mentees must complete the first term which provides the experiential basis for the second term. Participation in the second term is by invitation only. It will be offered to mentees who demonstrate reliability, curiosity, open-mindedness, devotion to their and others' healing, consistent warmth and a commitment to personal growth.

Term I Readings:

*The Heart of the Buddha's Teaching: Transforming suffering into liberation* by Thich Nhat Hanh  
(We will be reading excerpts) (January)

*If the Buddha had Kids: Raising children to create a more peaceful world* by Charlotte Karl  
(February)

*Everyday Blessings: The inner work of mindful parenting* by Myla and Jon Kabat-Zinn (March  
and April)

*Listen: Five simple tools to meet your everyday parenting challenges* by Patty Wipfler (May and  
June)