



head & heart
mindfulness

Certified Mindfulness Instructor Training

ONLINE TRAINING & RESOURCE PACKAGE

Information E-Book

Updated 2023/2024 Training Options



headandheartmindfulness.com.au





We'll give you the keys to enhance the wellbeing of your community

Head and Heart Mindfulness specialise in creating exclusive mindfulness based programs and resources to enhance mental health and wellbeing of children and adults within communities in preschools, schools, businesses, workplaces, community services, and homes! It's no secret that mental health and wellbeing skills are among the most needed in today's world.



In Australia, 43.7% of people aged 16-85 experience a mental health disorder at some time in their life, and half of these mental health disorders emerge by age 14... Imagine being part of the solution!

(Ref: Australian Bureau of Statistics; Department of Health, Canberra)



25 hours online training

We're so excited to bring our Head & Heart Mindfulness - Mindfulness Instructor Training online, so you can train from anywhere, and positively impact those who you work with and care for! *Training time includes 17 hours of participation in online training, plus 8 hours dedicated to familiarisation of resources and personal research.*

We offer:



Comprehensive training and resource packages created by our dedicated leader, Kylie.

Learn how to teach mindfulness, meditation, heartfulness and positive thinking, as practical life skills that can benefit anyone and everyone. Use our exclusive lesson framework, programs, products, administration, marketing, and customer care resources in your workplace, education setting, or even start your own business!

"Kylie was professional and down to earth in the delivery of our training. She obviously has extensive knowledge about mindfulness and is passionate about strategies to support mental health and wellbeing which is so detrimental to the quality of all in our fast paced world!"

- Susan.

Specialised Training

Life-changing training provided across three key aspects to succeed in the mindfulness field:

- ✓ Learn the theory and practical applications of **mindfulness**, meditation, heartfulness and positive thinking.
- ✓ Gain access to our exclusive H&HM course materials to use in your **workplace**.
- ✓ Best practice training to be an effective mindfulness **educator** for all ages.

PLUS Each participant receives ongoing support from Kylie and our growing community of Certified Mindfulness Instructors.



What's included ?

- ✓ *Mindfulness Instructor Online Course* - 12hrs of pre-recorded video training and activity completion time PLUS 5 hours allocated time to get familiar with ALL of the course inclusions
- ✓ *Mindful Living Online Course* - 7hrs of pre-recorded video training, to learn mindfulness theory and enhance personal practise.
- ✓ *H&HM Mindfulness Instructor Handbook & Training Notebook*
 - ✓ 10 x H&HM *fully scripted programs* to use with preschoolers, children, teens & adults
 - ✓ Membership to the *Certified Mindfulness Instructor Portal* incl. digital copies of course material plus business set-up, marketing, customer care and administration documents.
 - ✓ *Lifetime access* to training and resources
 - ✓ *No ongoing fees!*
 - ✓ *FREE H&HM resource pack* including all of our digital products and training options - Sign up to the 'Expert Package' to get a physical product pack sent to your home or workplace!
 - ✓ *Discount Code* for 30%OFF all H&HM products
 - ✓ *Course completion certificate*



*We are proud to deliver training that is
Simple, Supportive, Engaging and Affordable*

H&HM Values

Quality
Passion
Professionalism
Connections
Relevance
Heartfulness



Sound good?
Learn more!

Option 1: The Expert Package

Sign up to the 'Expert Package' to get the best start on your Mindfulness Instructor journey with personalised mentoring from Kylie and extra resources!



The 'Expert Package' is the premium, top-tier package option for the Certified Mindfulness Instructor Training. Participants who choose this option will feel supported during their training and confident to get out there and working with those needing mental health and wellbeing support in their community. The 'Expert Package' included 3hrs of personalised support, coaching and mentoring from Kylie to use during your training or beyond (delivered via zoom or phone call) PLUS additional resources including hard copies of the Mindfulness Instructor Handbook and Training Notebook, and a H&HM Product Pack (all of our beautiful Mindfulness Workbooks, Gratitude Journals, and Card Sets) delivered to your door.

"The resources you sent us in the mail are amazing. The quality of them is incredible. They are so beautiful. I love using them with the children and teens I work with." Melanie, Training Participant

Option 2: The Essentials Package

Sign up to the 'Essentials Package' to get our fully digital option with email support from Kylie

The 'Essentials Package' is a discounted, fully digital option that includes ALL the same training inclusions as our 'Expert Package'. This package provides you with ongoing email support from Kylie and the option to book in for one-on-one zoom or phone call support and mentoring with Kylie at a discounted price.



What's involved?

Once you have completed the *Mindfulness Instructor* online course videos and activities, the *Mindful Living Essentials* online course, and provided proof of your eligibility to work with children, you will then be endorsed by Head and Heart Mindfulness as Certified Mindfulness Instructor and receive your course completion certificate.

If you are interested, Kylie would love to chat with you to see if this course is a worthwhile investment for you, and if you are a good fit for H&HM.



[Book a phone call with Kylie](#)

"Thank you so much! I will be eternally grateful for finding Head & Heart Mindfulness. Your Instructor Training program is everything I have ever wanted to do but had no idea how to do it. Thank you for having the courage to follow your passion and share it with me." - Monique

What do past participants think...



100% said that the online training content was beneficial.

100% said the course was relevant to the setting in which they work (or wish to work).

100% said that the resources and programs included were beneficial.

100% rated Kylie as an 8/10 or above in her delivery of the content.

100% said the training benefited their own wellbeing, personally and professionally.

Who is this training for?



[Learn more about H&HM](#)

Our H&HM Mindfulness Instructor training is ideal for heart-centred individuals with a desire to improve the mental health and wellbeing of themselves, their community, their educational setting, and/or their workplace.

Keen to create your dream job and start your own business? Kylie has done exactly this! She has you covered from content to business start-up processes and admin.

Being a mindfulness instructor will allow you flexibility whilst also making a positive difference in your world.

Did you know?

Kylie is a primary school teacher turned mindfulness educator and business owner. She started Head & Heart Mindfulness in 2017 and built the business to employ 9 team members within 2 years. To date, Head and Heart Mindfulness have worked with over 12,000 children and 1800 teachers/educators via face-to-face programs in their local region, and trained close to 1000 adults via online training.

Benefits:

- ✓ Develop deep knowledge and understanding of mindfulness
- ✓ Enhance confidence and ability to personally teach mindfulness
- ✓ Support mental health and wellbeing with evidence-based strategies
- ✓ Teach mindfulness, meditation and heartfulness programs in a range of settings
- ✓ Enhance emotional intelligence, self-regulation, concentration skills in clients
- ✓ Develop self-care practices to support your mental health and wellbeing
- ✓ Learn from someone who has created a successful mindfulness based business
- ✓ Everything you need to get started in your dream job ASAP

Next steps...



We'd love to help you with your decision to take part in our Mindfulness Instructor Training!

Click the button below to book in a time to chat with Kylie and ask any questions you may have!

Get
in touch
with Kylie
today



Join us!

Ready to press play on your mindfulness journey? We're so excited to meet you and train with you! Click the button to join our upcoming training, and we'll be in touch to welcome you to the Head and Heart Mindfulness team!

Payment Options...

Upfront Payment - 1 time payment

Payment Plan - 10 weekly payments

[CLICK HERE TO SIGN UP!](#)

Get started now and begin your work as a Certified Mindfulness Instructor!

Calm minds • Happy hearts



HEADANDHEARTMINDFULNESS.COM.AU

