

Development Series Opportunity

Mindfulness-Based Stress Reduction



Posted:	September 5, 2023
Description:	Mindfulness-Based Stress Reduction (MBSR), a scientifically researched and established mindfulness program, includes a program orientation, 8 live instructor lead Zoom sessions, a full day retreat, certificate of completion, digital credentials, and course materials. Program completion serves as a prerequisite for both the Certified Workplace Mindfulness Facilitator (CWMF) and MBSR Instructor Certification programs.
Stipend:	\$1,000
Expectations:	<ul style="list-style-type: none">-Completion of Orientation (2.5 hours), 8 weekly Zoom sessions (2.5 hours each), plus a day-long (8 hour) At-Home Retreat-All classes are taught live and online using Zoom and attendance is mandatory for successful completion-Facilitate a minimum of three of the following examples of Mindfulness activities:<ul style="list-style-type: none">*Mindful Movement*Mindful Eating*Walking Meditation*Group Exploration of Stress*Sitting and Standing Meditations*Silent Meditations-Participation on SEHD Wellness Team for 1-yr term
Minimum Requirements:	-Must be a full-time or part-time salaried employee in good standing and have been employed by SEHD for a 6-month period prior to submission
To Apply:	Complete SEHD Workforce Development Series Application and Supplemental Information forms
Due:	September 15, 2023