


MINDFULNESS WITHOUT BORDERS PROGRAMS

 MINDFULNESS WITHOUT BORDERS	Mindfulness Ambassador Program (Global)	Mindfulness Ambassador Program (Interactive)	RETHiNK Digital Kit	Mindful @ Work
Lessons	12 Lessons	8 Lessons	5 Units, 100+ Activities	8 Sessions
Populations Served	Grades 9-12	Grades 8-12	Grades 7-12	Adults
Lesson Delivery	45 Minutes - 1.5 Hours	45 Minutes - 1.5 Hours	5 - 15 Minutes	50+ Minutes
How to Access	Facilitator Certification (Online or In-Person)	Available as Upgrade for Certified Facilitators (Online or In-Person)	Online	Available as Upgrade for Certified Facilitators (Online or In-Person)
Lesson Themes	Mindfulness Basics Paying Attention Discovering Inside Connecting Authentically Practicing Gratitude Mind-Body Connection Emotional Intelligence Emotional Triggers Open Mindedness Handling Conflict Skilfully Nurturing Compassion Being the Change	Discovering Mindfulness Mindfulness Basics Paying Attention Discovering Inside Practicing Gratitude Noticing Emotional Triggers Exploring Open-Mindedness Being the Change	Self-Awareness Self Management Social Awareness Relationship Skills Responsible Decision Making	Exploring Mindfulness Mind and Body Connection Noticing Emotional Triggers Practicing Gratitude Open-Mindedness Handling Conflict Skilfully Nurturing Compassion Embodying Mindfulness
Mindfulness Practices	Take Five TUZA Mindful Listening Anchor Breath Body Scan Mindful Eating Mindful Journalling Loving Kindness	Take Five TUZA Mindful Listening Anchor Breath Body Scan Mindful Eating Mindful Journalling Loving Kindness	Take Five TUZA Mindful Listening Mindful Walking Body Scan	Time to Breathe Body Scan Mindful Listening Everyday Gratitude Nurturing Equanimity Heartfulness Mindful Walking Present Moment Tools
Cost	Varies Based on Partner and Delivery Method	Varies Based on Partner	\$179 - \$299 CAD	Varies Based on Partner

MINDFULNESS WITHOUT BORDERS COURSES

	Level 1 Mindful 365	Level 2 MAP Facilitator Certification (Online)	MAP Facilitator Certification	Mindful @ Work	Mindfulness Ambassador Program (Interactive)
Length	5 Classes 1.5 Hours Each	6 Classes 1.5 Hours Each	21 Hours	2 Hours	2 Hours
Who is it For?	Open to All	Professionals Working With Young People or Professionals Seeking Group Facilitation Skills	Professionals Working With Young People	Professionals Working With Corporate Teams, Offering Professional Development	Professionals Working With Young People
Location	Online	Online	In Person, Individual Partnerships On Site, School Boards, High School Settings, UofT's School of Continuing Studies	On Site or Online	On Site or Online
Prerequisite	Intention to Sustain or Deepen Mindfulness Practice	Mindful 365	Intention to Sustain or Deepen Mindfulness Practice	MAP Facilitator Certification or Level 2 Mindful Educator	MAP Facilitator Certification or Level 2 Mindful Educator
Upgrade	None	Mindful@Work or MAP Interactive	Mindful@Work or MAP Interactive	None	None
Outcome	Certificate of Completion	Certified Facilitator of the MAP Global Program	Certified Facilitator of the MAP Global Program	Access to Mindful@Work Curriculum	Access to MAP Interactive Curriculum
Cost	\$375 CAD	\$645 CAD	Varies; Please Visit the Courses Page of Our Website	\$99 CAD	\$99 CAD