



Application Form

Mindfulness Meditation Facilitator Training Course™

Welcome! This is an application form for The Calm Monkey's **Mindfulness Meditation Facilitator Training & Certification Program**. Eligibility and assessment for a good fit is required prior to entering into the program.

Instructions:

- 1. Before applying, it is **required** that you complete the [Free Preview](#) and read the [Frequently Asked Questions](#), so know if this program feels right for you.** **Check if you have completed**
- 2. To Apply:** Please download/save this fillable PDF form. Fill it in, and name the file '**Application – first and last name**'
 - > Email it to Wendy@TheCalmMonkey.com. You will receive a response within one business day.

If approved, you will receive instructions for how to register into the program (no obligation to register).

Bonus: If you pay & register within 3 days of your application approval, you will get an extra 3 months to finish the program (you will have 9 months instead of 6 months to finish.)

If you are not quite eligible, you will be provided with suggestions on how you can increase your knowledge for eligibility.

We honor your interest in becoming a mindfulness meditation facilitator and thank you for applying!

Your information is **never** shared without your consent.
See our [privacy policy](#).

Today's Date

First Name

Last Name

Mobile phone number

Email address

An email address that you check frequently. This will be used for all communications, calendar invitations, logins, etc.

Street Address

Your home address

City

State/Province

Zip code/Postal Code

Country

How did you hear about this program?

Please specify the name of the person, website, conference, speaking engagement, etc where you learned of this program.

Please list all companies that you currently work for. For example, you may have a 'day' job working for an organization and also have your own business such as yoga instruction or you may be starting a business providing mindfulness services.

Company Name 1

Job Title 1

Company Name 2

Job Title 2

Company Name 3

Job Title 3

Website URL

*Do you have a personal or
business website you can share?*

Eligibility Requirements:

It is challenging to define minimum eligibility requirements, however, ***through this application your eligibility will be assessed, and you may be requested for further information.***

A solid foundation of personal mindfulness and meditation experience. This may include:

- An introductory or in-depth mindfulness or meditation course (such as MBSR).
- A day-long or multi-day relevant retreat or regular sittings.
- Read relevant books, listened to podcasts, watched videos about mindfulness.
- A committed, consistent personal mindfulness and meditation practice for at least 6 months.
- Understanding of the benefits and challenges of the practice and can speak to your experiences in your personal practice.

Your expected commitment to this program:

- Complete the course and assignments in full, within the allotted time frame.
- Contribute to and be an active member of The Calm Monkey 's facilitator community . Our community is vibrant and active , and your participation will pay back many times over . This is done through attending **required quarterly meetings and Practice Sandbox sessions** , and optional community activities such as Meetups, and interacting with other community members via the private Slack group.
- Respond to email communications in a timely manner.
- Fully embody your own daily mindfulness meditation practice, both with formal seated meditation and informal mindfulness incorporated into your daily life.
- Continuously develop your personal practice and facilitation knowledge and skills.
- Have a low-ego, humble approach to avoid a superiority persona.
- Develop your public speaking ability to be confident, compassionate, articulate and approachable to build trust with participants.
- Conduct sessions in a secular, non-religious, non-spiritual style, using universal language that is generally acceptable by most people.
 - **Note:** This program contains best practices for a secular, workplace-friendly, trauma and neurodiversity-informed offerings. It is strongly advised to follow these best practices if you are leading in a workplace or professional setting. However, The Calm Monkey does not 'police' what or how you lead. It will be your responsibility to determine appropriate content when you lead as a facilitator.

About you:

1. Do you feel you meet the above **Eligibility Requirements**?

If you are unsure, that's OK. Feel free to add comments about your uncertainty for eligibility.

2. Do you feel you can meet the above **Commitments**?

3. Describe your personal **mindfulness experience**:

- When did you start practicing
- Types of practice
- Frequency of practice

4. Describe **how** you obtained your **mindfulness knowledge**:

- What courses, retreats, books, and/or sittings have you completed? (Examples: MBSR, meditation retreats.)

5. Describe your personal **meditation experience**:

- When did you start practicing
- Types of practice
- Frequency of practice

6. Describe **how** you obtained your **meditation knowledge**:

- What courses, retreats, books, and/or sittings have you completed?

7. Briefly describe what mindfulness is, in your own words.

8. Do you currently lead guided meditations or mindfulness sessions?

If **YES**,

- a) For which organizations or groups have you done this?
- b) How many people attend, on average?
- c) How long have you been doing this?
- d) What kind of practices and/or meditations do you lead? (Examples: mindfulness, guided visualizations, mantras, etc)

If **NO**,

Describe your desire for when and where you hope to start-up a practice?

9. **Why** would you like to take this program?

Briefly describe what you hope this course will do for you. What are your plans or dreams?

10. Who are your possible target audiences?

Examples:

- co-workers at your workplace
- clients (groups)
- clients (1-on-1)
- community groups
- friends and family

*Please read the following and select the checkboxes if you agree.
Agreement is required to be accepted into this program.*

RELEASE AND WAIVER OF LIABILITY

As consideration for participating in this program and any other offerings, services or products from Wendy Quan or The Calm Monkey Co., you hereby agree to waive any and all claims against Wendy Quan or The Calm Monkey Co., for any personal injury, damage or expenses you may incur as a result of your participation.

You have carefully read this Waiver and Release of Liability and fully understand its contents. You are aware that this is a release of liability and an agreement between yourself and Wendy Quan and The Calm Monkey, and you agree to this and take this program of your own free will.

By checking
this box,
you hereby
agree:

COPYRIGHT AND USAGE OF MATERIALS

Copyright and ownership of the materials and recordings provided during the Mindfulness Meditation Facilitator Training and Certification program belongs to and is copyrighted by Wendy Quan of The Calm Monkey Co.

As a participant of this program, you agree not to share or distribute any materials and recordings provided by Wendy Quan with any other party (including others within or outside of your organization) without written consent from Wendy Quan. Such materials are to be used **only** by you for facilitating mindfulness meditation sessions. This does **not** permit you to teach others using this material or distribute to anyone else.

Anyone else who wishes to use these copyrighted materials or recordings are asked to take this program, or contact Wendy Quan at The Calm Monkey Co for permission to use.

By checking
this box,
you hereby
agree:

CERTIFICATION DEADLINE POLICY

Please read this Certification Deadline Policy, and by checking the box to the right, you are acknowledging that you have read and agree to this policy.

By checking
this box,
you hereby
agree:

Please note that this program may be changed at any time.

Your application is now done!

Thank you kindly for your time and interest!