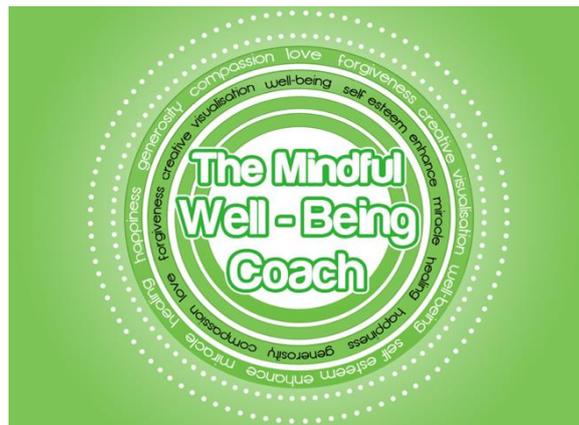


Best Practice Code of Conduct for Meditation & Mindfulness Teachers



To maintain the Core Competencies listed below (developed on the 16 hour supervised learning teacher training weekend and the 120 hour 16 week home-study plan) and in accordance with the Association of Complementary Therapists and U.K. standards for mindfulness meditation we ask all of our teachers to work toward 15 Continual Professional Development Points each year.

SMART Coaching Competencies:

1. Explain the principles of teaching evidenced based meditation/mindfulness
2. Discuss meditation and Mindfulness as a key tool for 'Self Care' and 'Stress Management' and the pivotal role it can play in individual, community and national levels of health and Well-being. In addition to this we recognise how relaxation, meditation and mindfulness can aid healing alongside therapy, medicine or other clinical interventions.
3. Describe the mind/body connection and demonstrate practices that prove we have a say in our own health and well-being by how we think, act and speak.
4. Understand the science physiology of the breath in terms of progressive relaxation and diaphragmatic breathing.
5. Discuss the role of relaxation in evidence - based meditation.
6. Discuss the benefits of Meditation and Mindfulness as a common sense Life skill.
7. Review ergonomics. Have an understanding of how to support the body in movement, seated posture or lying down.
8. Review psychology and physiology of the brain, and nervous system.
9. Demonstrate foundation principles for of the SMART coaching programme and the transferable skills a practitioner can develop through the practice of mindfulness and meditation
10. Share the steps to build a foundation daily meditation and mindfulness practice
11. Understand the attitudinal states of mindfulness and meditation

Ultimately SMART Coaches need to demonstrate authentic understanding in how to teach mindfulness as a complementary tool for living; through the practice of Inner reflection and the gentle exploration of the mind, body and emotions. A SMART Coach is dedicated to consistently building on their own personal practice through practice, training, retreats, reading and all manner of experiential activities that enrich life.

Soft Skills Competencies

Coaching

- Ability to clarify responsibilities, authority and expectations and knowledge of when to refer on.
- Provides timely guidance and feedback to help Client/Group accomplish a task or solve a problem.
- Provides guidance in how to strengthen 'self knowledge' and skills to improve, accept and be with personal conditions
- Provides new assignments/practices and experiences to develop the clients understanding of mindful meditation.
- Communicates effectively and reflects the attitudinal states of mindfulness, open, aware, curious, playful, accepting, forgiving, sincere and humble.

Maintaining Personal Credibility/Meeting Ethical Standards

- Has a strong personal mindfulness and meditation practice.
- Respects the confidentiality of information and concerns shared by others.
- Is honest, open, accepting and gentle in communication.
- Has calm and poised disposition and reflecting to the client the attitudinal states of mindfulness meditation.
- Is committed to working through personal conflicts to ensure own path of continuous improved is strengthened and whilst gaining insight into how attachment increases suffering.
- Attends a weekly mindfulness / meditation group
- Endeavours to go on Retreat every year or find a Retreat space within own personal circumstances.
- Maintains continuing professional development training in anatomy, physiology and pathology in relation to massage/bodywork and supporting the pregnant client
- Maintains continuing professional development skills and knowledge in massage and specifically in pregnancy massage
- Be aware of cautions and contraindications for massage and bodywork and refrain from treatment where appropriate.

Listening

- Provides feedback on what was heard. i.e. Demonstrates what was heard has been taken in the right way
- Responds to statements and comments of others in a way that reflects understanding of the content of what was said and the accompanying emotion expressed.
- Asks clarifying questions when understanding is incomplete to assure the speaker of the commitment to understanding what was said.

Interpersonal Skills

- Considers and responds appropriately to the needs, feelings, and capabilities of different situations.
- Relates well with others.
- Demonstrates consistency and fairness.

- Is tactful, compassionate and sensitive, and treats others with respect.
- Provides timely and honest feedback in a constructive and non-threatening way.