MindUP evidence-based training and curriculum is designed to enable whole-school implementation and support long-term impact. A school that commits to implementing MindUP understands the importance of creating a positive ethos built upon shared values, placing well-being at the heart of everything it does. We are currently offering a series of MindUP training sessions for schools, parents, administrators, and school districts. Our program has been thoughtfully designed and offers a menu of learning journeys that best support your needs.

MindUP Lite
A training focused on neuroscience and understanding the brain ($2500 USD)

This hybrid model introduces the importance of understanding the brain and teaches the skill of leading brain breaks for yourself and your students.

This model includes:
- Virtual live training (90 minutes)
  - Introduction to Neuroscience, Understanding the Brain & The Brain Break
- One coaching and mentoring session (60 Minutes)
- Online membership for up to 30 people to access self-paced online training to unlock curriculum

MindUP Complete
Our comprehensive training that certifies participants to teach the MindUP program ($3000 USD)

This hybrid model includes virtual live training to introduce participants to MindUP's 4 pillars (neuroscience, mindful awareness, positive psychology, SEL) with a deep focus on building community and understanding the brain. The remaining training can be completed online and self-paced.

This model includes:
- Two virtual live training sessions (90 minutes & 60 minutes)
  - MindUP Pillars
  - Building Community
  - Understanding the Brain & The Brain Break
- Self-paced training to unlock the remaining 3 units of the curriculum focused on: Mindful Senses, Building Well-Being & Mindful Mindset and Mindful of Ourselves in the World (180 minutes)
- Two coaching and mentoring sessions (60 minutes)
- Online membership for up to 30 people

MindUP is accredited by CASEL, the world's leading organization dedicated to social and emotional learning.
MindUP for Educators
A focus on self-care, well-being, and mindful teaching strategies
($2500 USD)

This training is designed for adults working in education. It introduces participants to the research and science around well-being and mindful teaching through the lens of MindUP's four pillars.

This model includes:
• Virtual training session (90 minutes)
• One coaching and mentoring session (60 minutes)
• 30 online memberships (additional memberships can be purchased)

Customized Training
MindUP facilitators available for customized training sessions
($500 USD)

A menu of 60-minute training sessions that you can select based on the needs of your school, district or organization.

Training sessions include:
• Coaching and Mentorship Sessions
  • MindUP Implementation
  • Communities of Practice

• Customized Training Session
  • Building Community with an Equity Lens
  • Trauma Informed learning environments
  • Mindful Awareness through our senses
  • Perspective Taking, Optimism & Emotions
  • Gratitude & Acts of Kindness
  • Parent and Family Workshop

Train the Trainer
Become a MindUP Trainer for your district
($1500 USD per person)

A comprehensive training program that certifies educators with experience implementing the MindUP program to facilitate MindUP training within their school/district. Educator candidates need to demonstrate a deep understanding of the MindUP program.

Program includes:
• Virtual training workshops
• Course work and assessment which includes a training demonstration
• Mentorship conference calls to support and assess program integration
• MindUP online membership (one-year subscription for each participant)

MindUP for Life Digital
Memberships to our online interactive platform for training, resources and tools

Access includes:
• Asynchronous training (all grade levels)
• Access to the MindUP curriculum (all grade levels)

Additional resources to support program implementation including:
• Brain Break Resource Center
• Breath Resource Center
• Expert video series
• Additional training courses and modules

For a custom quote contact us at hello@mindup.org