



**The world needs us now more than ever! For almost two decades, MindUP has been helping children develop the mental well-being and fitness necessary to thrive in school and in life.**

**MindUP training is designed to enable whole-school implementation and support long-term impact. All school personnel, parents/caregivers and the wider school community are involved to help develop a mindful culture where children can thrive and be happy. A school that commits to implementing MindUP understands the importance of creating a positive ethos built upon shared values, placing wellbeing at the heart of everything it does.**

## MindUP Hybrid Training

**A training focused on neuroscience and understanding the brain  
(\$3000 USD)**

- Virtual Live Training: MindUP Pillars (neuroscience, mindful awareness, positive psychology and social and emotional learning), Building Community, The Brain & The Brain Break (2 hours)
- Self-Paced Online Platform Training: (4 hours total), Mindful Senses, Building Well-being & Mindful mindset and Mindful of Ourselves in the World
- Two Coaching and Mentoring sessions with designated school staff (60 minutes each)
- Online membership for up to 30 people (additional memberships can be purchased)

## 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)

## Customized Training

**MindUP facilitators available for customized training  
(\$750 USD)**

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

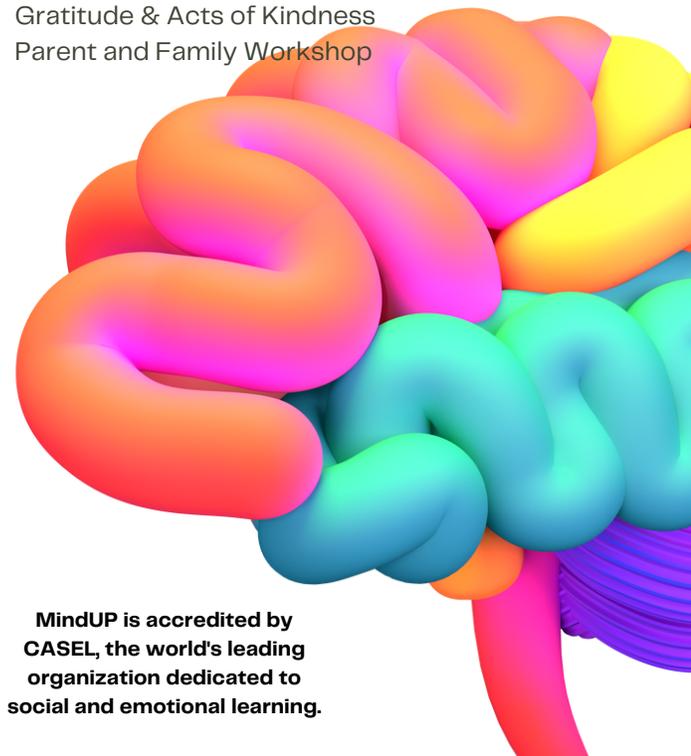
### Training session options include:

#### 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



**MindUP is accredited by  
CASEL, the world's leading  
organization dedicated to  
social and emotional learning.**