



MEDITATION TEACHER TRAINING COURSE

LIFE BALANCING COLLEGE



Meditation Teacher Training Course

120 hours average – 12 modules

This course is offered both Face to Face and Online.

Approved Modality - Meditation Teacher and Certificate in Holistic Counselling skills for Meditation Teachers.

Our internationally award-winning and industry-approved training courses are delivered by quality training organisations all over the world.

If you are looking for a unique, evidence-based and industry recognised course you are in the right place!

Study at times that work for you, face-to-face or online, that will lead you into an exciting career.

Curriculum Area	Competency	Minimum Hours
Module One Foundation studies in meditation	History and theory of meditation Meditation in the western world Brainwaves in meditation Meditation techniques and styles Developing meditation routines Deepening and refining your practice	10 hours
Module Two Understanding the cause & effects of stress	Understanding stress Psychological causes of stress The Fight-or-flight response Physiology of the stress response Human behavioural manifestations of fight-or-flight Negative effects of the stress response in humans Positive stress Stress management Meditation development and practice Chakra meditation Concentrative meditation Mindfulness meditation	10 hours

Module Three Foundations of human happiness	The psychology of happiness Subconscious programming and reprogramming States of mind Fundamentals of self-image The pursuit of happiness Subconscious programming and reprogramming Guided meditation (creative visualisation)	10 hours
Module Four Tools for healing	Tools for healing Positive thinking skills Foundations of mind-body medicine Meditation as a healing tool & hypnotic states Journaling and gratitude Understanding affirmations Tools for developing a positive self-image Meditation as a healing tool Movement meditation	10 hours
Module Five Meditation styles and techniques	Poses and positions Breathwork Chakras and energy meditation Guided meditation & creative visualisation Mantras and affirmations in meditation Gentle seated movement meditation (formally chair yoga)	10 hours
Module Six Teaching skills	Before you teach Talking to groups & group leadership skills Answering questions about meditation Leading guided meditations Overcoming obstacles to meditation practice Creating safe and effective teaching environments Group leadership skills	10 hours
Module Seven Working with specific groups	Teaching various meditation styles Working with teenagers Working with people with physical disabilities Working with people with emotional disorders Working with health care professionals Business clients and corporate groups Dealing with difficult clients	10 hours
Module Eight Counselling & coaching skills for meditation teachers	A client-centred approach Your role as holistic counsellor Building the foundations of happiness Equipment Outcomes of holistic counselling The holistic counselling sessions Assessment and introspection	10 hours

	<ul style="list-style-type: none"> Goal setting Support Part Listening skills Holistic counselling tools for meditation teachers Life charting Reflection time Needs assessment chart Gratitude journal Worry time Positive thinking skills Affirmations Meditation as a healing tool 	
<p>Module Nine</p> <p>Designing and facilitating classes and workshops</p>	<ul style="list-style-type: none"> Designing courses and workshops Integrity and intentions Setting the scene Creating strong foundations for your groups Understanding learning styles Choosing your teaching style Terrific teaching techniques and tips Student management Working with seniors Choosing venues 	10 hours
<p>Module Ten</p> <p>Virtual, corporate and community settings</p>	<ul style="list-style-type: none"> Corporate stress management workshops – Includes corporate teachers course manual. Approaching community groups and organisations Volunteer and community work Teaching online – Using Zoom Corporate stress management 	10 hours
<p>Module Eleven</p> <p>Holistic small business management</p>	<ul style="list-style-type: none"> Ethics and Professionalism Your public profile Fundamentals of customer service Maintaining student/client records Charging for your services Running a small home office Joining organisations Insurance and legalities 	10 hours
<p>Module Twelve</p> <p>Marketing: The key to success</p>	<ul style="list-style-type: none"> Understanding the power of branding Targeted marketing and advertising Building your community How to find and use free advertising Public image Final review Your graduation 	10 hours

Certificates

1. Meditation Teacher
2. Certificate in Holistic Counselling skills for Meditation Teachers
3. Statement of Attainment

Initials - Mbe.MedTeach. (Mind Body Education Meditation Teacher)

Course Outcomes

On completion of the certificate level intensive training course you will be qualified to work as a professional Meditation Teacher.

You will be able to work for yourself teaching meditation and positive life skills in the community to groups or individuals and in the corporate sector as a stress management consultant.

Furthermore, you may also seek employment, if you wish, in holistic healthcare centres, wellbeing clinics, health clubs, natural therapies centres and retreats, gymnasiums, respite centres and community centres as well as several other areas that seek to employ qualified holistic therapists with a focus on Meditation therapy and positive self-development.

On completion, you will have the skills, qualifications and confidence to develop a solid general holistic wellbeing practice and you will have access to ongoing practitioner support to assist you in successfully developing your practice.

You can choose to complete further postgraduate courses after graduating from the Certificate in Meditation course, as standalone short courses if you wish to gain skills in a specialised area.

Our mission at Life Balancing College is to make our courses accessible to everyone. In doing that we feel that it is important to offer a range of scholarships to support our students.

We know that our courses have helped thousands of students and their clients (once practicing) from all types of mental health issues.

Our scholarships are a PAY IT FORWARD for your own future.

Contact us for more exciting details.

