

Foundations of Teaching Mindfulness

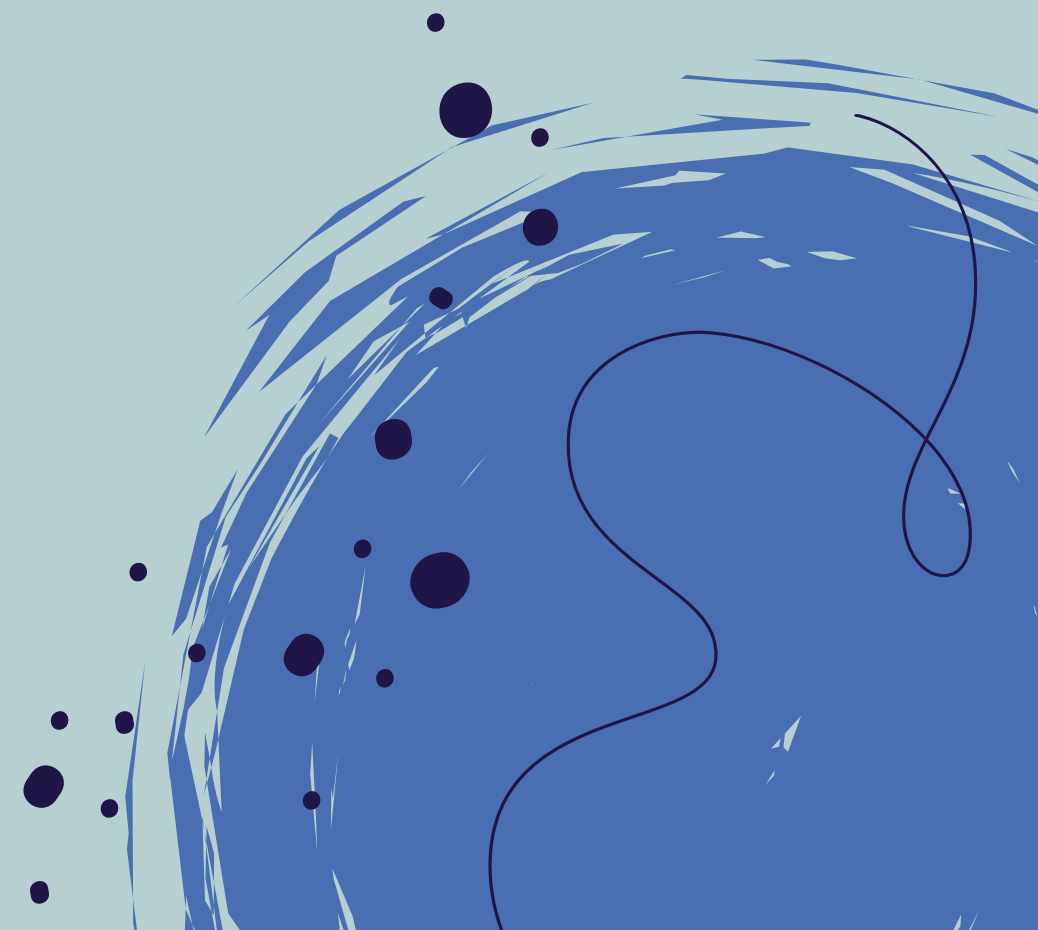
Mentor Meetings 2025





Facilitation

Being Mindful of Time


- If you get off track –> make adjustments
 - Speak to what is in the room
 - Honor time commitment of group
- 



Facilitation

Tips to Staying on Time

Check-In Questions

- “Give one word...”
 - “In one to three sentences...”
 - “Let’s take about one minute per person”
- 



Facilitation

Tips to Staying on Time

Cue Time Limits

- “This practice will be about 5/10/15 min”
 - “We have about 10 minutes for the check-in”
- 