Advanced Mindfulness and Meditation Facilitation Training Course

8 – 12 November 2026
Muscat

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Ref: 1518_212140 **Date:** 8 – 12 November 2026 **Location:** Muscat **Fees:** 5700 Euro

Overview

Advanced Mindfulness and Meditation Facilitation Training Course is a one-week course for mental health, healthcare, wellbeing, education, and community professionals, who leave with a Safe Mindfulness Facilitation Portfolio. The course develops present-moment awareness, focused attention, grounding, breath and body practices, trauma-aware adaptation, consent, distress response, session design, outcome reflection, referral, and facilitator self-practice. Agile Leaders Training Center presents mindfulness and meditation facilitation as choice-based support that complements rather than replaces professional care.

Who Should Attend

- Functions responsible for facilitated wellbeing practices
- Teams responsible for mental health and psychosocial support
- Personnel responsible for group and individual learning sessions
- Services responsible for participant safety and referral
- Functions responsible for facilitator supervision and quality

The course assumes participants facilitate scope-appropriate practices within an established role and leaves out clinical diagnosis, psychotherapy qualification, spiritual authority, medical treatment, and yoga instruction.

Departments and Industries

The course supports departments and organizations that offer facilitated attention, grounding, reflection, and wellbeing practices.

- Mental health and behavioral health services
- Hospitals, rehabilitation, and community health teams
- Education and learning organizations
- Workplace wellbeing and employee support functions
- Community and voluntary support services

Learning Objectives

By the end of this course, participants will be able to:

- Apply focused-attention and open-awareness practices
- Use grounding, breath, and body-based methods safely
- Analyze participant needs, choice, and contraindications
- Build trauma-aware session sequences and adaptations
- Prioritize distress response, stopping, and referral
- Evaluate facilitation, outcomes, and self-practice

Course Agenda

Day 1: Mindfulness Facilitation Foundations

- Mindfulness and Meditation Scope Map
- Present-Moment Awareness Practice Framework
- Focused Attention and Open Monitoring Comparison
- Facilitator Role and Boundary Checklist
- Personal Practice Reflection Log

Day 2: Grounding and Attention Practices

- Breath Awareness Facilitation Guide
- Body Scan Practice Sequence
- Sensory Grounding Choice Menu
- Movement and Posture Adaptation Matrix
- Practice Invitation and Debrief Method

Day 3: Trauma-Aware Adaptation

- Physical and Psychological Safety Checklist
- Consent, Voice, and Choice Agreement
- Distress Signal and Contraindication Review
- Eyes-Open and External-Focus Adaptation Plan
- Stop, Stabilize, and Refer Decision Pathway

Day 4: Session Design and Review

- Mindfulness Session Design Canvas
- Practice Duration and Intensity Planning Grid
- Inclusive Language and Cultural Adaptation Guide
- Participant Feedback and Outcome Reflection Tool
- Facilitator Supervision and Self-Care Plan

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Day 5: Facilitation Practice

- Suggested Exercise: Focused Attention Facilitation
- Suggested Exercise: Grounding and Body Practice
- Suggested Exercise: Trauma-Aware Adaptation
- Suggested Exercise: Distress Response and Referral
- Capstone Exercise: Safe Mindfulness Facilitation Portfolio

Practical Exercises

The course uses suggested activities based on fictional healthcare, education, workplace, and community facilitation situations.

- Suggested activity: facilitate a short focused-attention practice using clear invitations and opt-out choices.
- Suggested activity: adapt breath, body, grounding, and posture practices for participant needs and context.
- Suggested activity: recognize distress, stop or stabilize a practice, and choose a scope-appropriate referral action.
- Suggested activity: design and review a session using feedback, reflection, supervision, and facilitator self-care.

FAQs

Who suits advanced mindfulness and meditation facilitation training, and what does it assume?

Professionals who facilitate wellbeing or psychosocial practices suit the training; it assumes an established role, participant-safety responsibility, and access to referral or supervision rather than authority to diagnose or treat.

How does mindfulness and meditation facilitation differ from clinical mindfulness therapy?

Mindfulness and meditation facilitation supports attention, grounding, reflection, and wellbeing within defined scope, while clinical mindfulness therapy involves assessment, treatment planning, therapeutic competence, and clinical governance.

How should a facilitator choose a mindfulness or meditation practice?

A facilitator should consider purpose, participant preference, consent, attention capacity, physical needs, trauma history, cultural context, distress risk, setting, time, competence, and an available alternative or opt-out.

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What makes mindfulness facilitation trauma-aware?

Trauma-aware facilitation emphasizes safety, predictable invitations, transparent purpose, collaboration, voice, choice, external-focus options, permission to stop, avoidance of coercion, sensitive debriefing, and referral when distress exceeds the facilitator's role.

When should a mindfulness or meditation practice be stopped?

A practice should be paused or stopped when a participant requests it, becomes distressed, disoriented, physically unwell, or unable to continue safely; the facilitator then stabilizes the setting and follows the relevant support or referral pathway.

Conclusion

Participants leave with a Safe Mindfulness Facilitation Portfolio containing scope, practice, adaptation, consent, safety, distress, session, feedback, supervision, and self-care tools. The portfolio makes facilitation choices more transparent and reviewable. It supports accessible practices that respect participant autonomy and connect people with professional care when needed.