

# MINDFUL FACILITATION CERTIFICATION PROGRAM



## StirFry Seminars & Consulting Online Training

This program provides an online intensive level communication and facilitation training to those wishing to develop their cultural intelligence, as well as individual and group process skills from a Mindful Facilitation and multicultural perspective. The program will also provide participants with the necessary skills and knowledge to effectively work with educational and social institutions, professional environments, and diverse communities on diversity issues and cross-cultural needs and concerns.

## Mindful Facilitation Certificate: Theory & Practice Course Completion

### What is the Mindful Facilitation Certificate?

The Mindful Facilitation Certificate is a document provided to students who have successfully fulfilled all of the requirements of the two-year program offered by StirFry Seminars & Consulting. The Certificate qualifies as a credential from an internationally-known diversity and communications training company, StirFry Seminars & Consulting, founded by CEO and Master Diversity Trainer, Lee Mun Wah. It serves as a formal acknowledgement from StirFry Seminars & Consulting that the student has gone through and completed a rigorous and thorough program of study in the Art of Mindful Facilitation.

Requirements for the **Mindful Facilitation Certificate** program include the following:

✓ Completion Checklist	Mindful Facilitation Certificate Requirements
<b>Hours invested</b>	<b>(72 hours) Online Group Instruction via Bi-Monthly Google Hangouts.</b> <i>Two years, 48 sessions, 1.5+ hours each</i>
	<b>(72 hours) In-Person Class Summer Retreats at Quan Yin Training Center in Berkeley, CA.</b> <i>Summer Year One- 3 Days (36 hours)</i> <i>Summer Year Two- 3 Days (36 hours)</i>
<b>Total Hours</b>	<b>144 Training Hours</b>
<i>In addition to</i>	<b>(48) Homework Assignments/ Group Discussions.</b>
	<b>Passing Examinations: Summer Year Two.</b> <i>Students tested on proficiency in: Mindful Facilitation content, written and video vignettes, facilitation skills, and the ability to introduce StirFry Seminars' films and diversity exercises</i>

**NOTE:** Virtual attendance for at least 80% of all online components of the Certificate Program (online/phone) and 100% physical attendance at (two) Summer Retreats is required. The completion of homework assigned (online, film reviews, readings, group dialogue work, vignettes) is also required. If these commitments are not met (and alternative arrangements not made), it is up to the discretion of StirFry Seminars to terminate participants from the program without refund. You will be required to sign a Waiver & Agreement, noting your understanding and agreement to these terms. \* StirFry Seminars & Consulting does not hold itself to be an accredited learning institution, college or university.

## **What costs are associated with the Mindful Facilitation Certificate?**

Tuition for the Certificate is on a sliding scale based on your income; in addition to tuition, there are supplemental costs such as required materials, in-person Summer Retreats and testing fees. Please refer to the **Certificate Registration Form** for further details.

## **What are the phases of the Mindful Facilitation Certificate Program?**

### **THEORY & PRACTICE OBJECTIVES**

PHASE ONE	Building Community/ Learning Mindful Theory
PHASE TWO	The Practice of Mindfully Listening & Responding
PHASE THREE	Practice Vignettes: Let's Get Real
PHASE FOUR	Filmed Vignettes
PHASE FIVE	Film Viewing & Introduction Practice
PHASE SIX	Group Confrontations Practice
PHASE SEVEN	Advanced Group Dynamics & Facilitation Techniques
FINAL EXAM	Written Vignette & Group Facilitation Evaluation
OPTIONAL	Internship Training Program

## **Is the Mindful Facilitation Certificate a license?**

No, the Mindful Facilitation Certificate is not a license. There is no licensing program anywhere in the United States for diversity training specialists and/or mindful facilitation.

## **What can a Mindful Facilitation Certificate do for me?**

Although there are many responses to this question, the first is on the level of personal understanding and skill development. Many students pursue the Mindful Facilitation Certificate because of the need to develop communication and diversity facilitation skills in their personal and professional lives. Others pursue the Certificate because of a desire to change career paths, and they wish to become diversity trainers or consultants. In time, with skill-based training and practice opportunities in the field, students acquire sufficient training and experience to operate as practitioners in the field. A number of our trainees have used their Mindful Facilitation skills to assist them in their careers as Human Resource Professionals, Therapists, Consultants, Educators and/or Administrators.

Throughout the program, students will be presented with opportunities to practice facilitating workshops, film-showings, online discussions and classes. The Certification Program is a great opportunity to get individualized attention, feedback and support from Master Diversity Trainers. The chance to network with professionals who are similarly invested in diversity and facilitation work is also a great benefit.

## **Now that I have earned my Mindful Facilitation Certificate, can I consider myself a StirFry Seminars & Consulting "Facilitator"?**

The Mindful Facilitation Certificate qualifies as a credential from an internationally-known diversity and communications training company, StirFry Seminars & Consulting, founded by CEO and Master Diversity Trainer,

Lee Mun Wah. The document serves as a formal acknowledgement from StirFry Seminars & Consulting that the student has gone through and completed a rigorous and thorough program of study in the Art of Mindful Facilitation. Although the Mindful Facilitation Certificate **does not** guarantee you to be able to represent yourself as a StirFry Seminars & Consulting trainer, we will certainly support any student on a path to be considered to apply for such a position.

After the successful completion of the Certificate requirements, any student wishing to embark upon this path (to become a StirFry trainer and/or a diversity trainer or consultant elsewhere) will be encouraged to register for the optional **Mindful Facilitation Internship Training Program** to gain practicum hours and experience. The Internship Training Program is a great opportunity to get continued individualized attention, feedback and support from Master Diversity Trainers, and further develop competence and confidence working in the field.

## Mindful Facilitation Internship Training Program: Practicum Experience

### What is the Mindful Facilitation Internship Training Program?

The Mindful Facilitation Internship Training Program is an optional practicum experience offered to students who have successfully fulfilled all of the requirements of the two-year Mindful Facilitation Certificate Program by StirFry Seminars & Consulting. The Internship Training Program option is intended for those who are interested in becoming a diversity facilitator specializing in Mindful Facilitation Techniques.

*The requirements of the **Internship Training Program** are, as follows:*

✓ <b>Completion Checklist</b>	<b>Mindful Facilitation Internship Training Program Requirements</b>
<b>Hours invested</b>	Interns will work with their Training Supervisors to earn practicum hours in each the following key areas: <b>(25 hours) Facilitating Home Diversity Dialogues.</b> <b>(25 hours) Co-Facilitating Online Google Hangouts with StirFry Seminars Staff.</b> <b>(125 hours) Co-Facilitating In-Person Workshops with StirFry Seminars Staff.</b> <ul style="list-style-type: none"> <li>▪ <i>Berkeley Training Center Courses (3-Day/36 hours each or 5-Day/41 hours each)</i></li> <li>▪ <i>Conference/Seminar Events</i></li> </ul>
<b>Total Hours</b>	<b>175 Training Hours (to be completed within 1 Year)</b>

<i>In addition to</i>	<b>Facilitate Community Film Showings &amp; Diversity Dialogues of the Following StirFry Seminars Films (each, at least twice!):</b> <i>If These Halls Could Talk: Director’s Cut; The Color of Fear: Part 1; Last Chance for Eden: Part 1</i>
	<b>View &amp; Become Familiar With All StirFry Seminars Films:</b> <i>Stolen Ground; The Color of Fear: Parts 1, 2, 3; Last Chance for Eden: Parts 1, 2, 3; If These Halls Could Talk: Director’s Cut (Disc 1) and Classroom Edition (Disc 2)</i>
	<b>Performance Assessment</b>

Interns will each be assigned a StirFry Seminars Training Supervisor, who will work one-on-one with them to best plan out their Internship experience. The goal is for the Intern to accumulate hours from each of the areas indicated on the chart above. Training supervisors will approve proposals to accumulate Internship hours, supervise the Intern’s work in the planning and carry out of those hours, provide guidance and feedback, as well as evaluate the Intern via an Internship Performance Assessment after the accumulation of hours has been completed. While in the

**Mindful Facilitation Internship Training Program**, Interns will have their pictures and bios posted on the StirFry Seminars & Consulting website, as student participants in the program.

### **What costs are associated with the Mindful Facilitation Internship Training Program?**

Please refer to the **Internship Training Program Registration Form** for further details regarding the cost of the Internship and other required fees.

### **How long does it take to complete the practicum hours for the Internship Training Program?**

The answer to this question will depend on the Intern's individual pace but it is our hope that the hours can be accumulated within a year. There is a bi-annual fee for Internship supervision (see payment options on the **Internship Training Program Registration Form**) and so the sooner the hours are fulfilled, the lower the cost to the Intern. **Note:** It is mandatory that the Intern register and pay for the program *at any point* that he/she is accumulating Internship hours because **a Training Supervisor is required at all times throughout the Internship Training Program.**

### **Now that I have fulfilled the requirements of the Mindful Facilitation Internship Training Program, can I consider myself a StirFry Seminars & Consulting "Facilitator"?**

Although the Mindful Facilitation Internship Training Program **does not** guarantee that you would become a StirFry Seminars & Consulting Facilitator, graduates that have demonstrated mastery in Mindful Facilitation theory & practice would be welcome to apply for such a position. We believe the supervised educational practice experiences of the internship will be of value to any Intern interested in obtaining skills in the diversity training and consultation field.