



# Mindfulness Mentors

PASSIONIST EARTH & SPIRIT CENTER

Mindfulness Mentors is a program of the Passionist Earth & Spirit Center whereby volunteer mentors meet at sites (or virtually) and share mindfulness practices and compassionate action with Louisville's under-resourced populations. We seek to recruit and train new mentors in order to expand services to more communities.

After training, mentors work in teams of two or three to deliver sessions in which participants learn the benefits of mindfulness practice, gain a variety of tools to increase awareness, and explore ways to develop compassion for themselves and others.

Qualifications for becoming a Mindfulness Mentor:

- Have complete one or more mindfulness meditation courses at the Passionist Earth & Spirit Center (or equivalent)
- Maintain a personal meditation practice for at least two years
- Demonstrate experience with or willingness to learn teaching skills
- Complete this application
- Complete the Mindfulness Mentor orientation
- Serve as a "class intern" with experienced mentors

For those wishing to work with the Mentors but not in a teaching capacity, please contact [mindfulnessmentors@earthandspiritcenter.org](mailto:mindfulnessmentors@earthandspiritcenter.org) to learn other service opportunities in the program.

Following training, Mentors will:

- Participate in at least 8 hours of service per year in sessions
- Attend bi-weekly meetings and ongoing training opportunities as fit their schedule
- Report monthly on their number of hours volunteered

**Please return this application to the Earth and Spirit center. Application can be sent electronically to [mindfulnessmentors@earthandspiritcenter.org](mailto:mindfulnessmentors@earthandspiritcenter.org) or mailed to Earth & Spirit Center ATTN: Mindfulness Mentors, 1924 Newburg Road, Louisville, KY 40205**

# Mindfulness Mentors Application

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Which classes have you completed at the Earth & Spirit Center?

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Other mindfulness courses

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Describe your experience with mindfulness meditation (retreats, MBSR, etc). How long have you been practicing?

Describe your current meditation practice (frequency, duration, etc). What benefits or challenges do you experience in your practice?

Describe your experiences in teaching or facilitating groups.

Why are you interested in teaching and mentoring mindfulness meditation to underserved communities?