# **Application for a Bursary Contribution towards a Mindfulness Network series of supervision sessions (between 3-6 hours)**

**To apply for bursary-assisted supervision please complete the form below and email a copy to** [**info@mindfulness-network.org**](mailto:info@mindfulness-network.org)

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| This bursary application form is for Individual Supervision, Supra-vision or Group Supervision with a Mindfulness Network registered supervisor. We invite you to first read the information about supervision on the website fully before completing your application: <https://supervision.mindfulness-network.org>.  *If you would like to apply for a bursary contribution towards events found on the* [*Mindfulness Network Calendar*](https://booking.mindfulness-network.org/)*, including Training, Retreats, Compassion Events, Supervision Training and Supervision Retreats. please use the separate Events Bursary Application Form.* |

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| **Name:** *(your application will be anonymised before submission to the panel)* |  |
| **Contact Email:** |  |
| **Contact Phone Number:** |  |

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| **Please state how many hours of supervision you are requesting *(between 3-6 hours)*:** |  |
| **Do you already have a Mindfulness Network supervisor in mind?** *(details can be found on the* [*Choose a Supervisor*](https://supervision.mindfulness-network.org/choose-a-supervisor/) *page)* |  |
| *We offer individual or group supervision / supra-vision sessions. Some supervisors may offer alternative languages, rates or times such as 30 minute sessions.* | |

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| **Have you previously received a Mindfulness Network Bursary?** | **Yes/No** |
| *If yes, please give details here:* | |
| **Do you have any other current Mindfulness Network Bursary applications in progress?** | **Yes/No** |
| *If yes, please give details here:* | |

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| **Were you previously a paying member of the Friends of Bangor CMRP Alumni Group until this membership closed in 2021?** | **Yes/No** |
| *Friends of Bangor (FoB) CMRP Alumni Group members who paid a membership fee are eligible to access a legacy fund to support their continued development, until such time as this fund runs out. We will check this against our records and if you were a FoB member your bursary contribution may be allocated from the FoB legacy fund.* | |

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| *We only have a limited number of bursary-assisted places, depending on the funds available, which are open to people in clear need of financial support who work in a way that is aligned to our vision, mission and EDI policy.*  *We ask you to think carefully in light of your own finances and contribute as much as you can.* | |
| **Please select which level of assistance you are applying for a bursary towards:** | |
| 25% of the cost |  |
| 50% of the cost |  |
| 75% of the cost |  |
| Other – *please specify what level of bursary award would make supervision possible for you* |  |

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| **Section 1a – About your mindfulness training and meeting of good practice guidelines** |
| **Please give full details of the training you have had to teach an MBI so far:** *Which organisation/teacher? Which mindfulness-base programme? Length of training? Stage of training you are at?* |
| **Please give details of any mindfulness-based retreats you have attended in the past 5 years:** |
| **Please give details of any mindfulness-based supervision you have received in the past 5 years – including supervisor name and frequency:** |
| **Section 1b – About your mindfulness-based teaching** |
| **How long have you been teaching? How many courses have you taught?** |
| **Please detail how you have been able to sustain your mindfulness teaching, supervision and retreats so far:** |
| **Section 2 – The Potential Impact of this Bursary**  The Mindfulness Network is committed to ensuring that our services are as accessible and inclusive as possible. Part of our [Mission](https://home.mindfulness-network.org/our-mission/) involves removing financial barriers, as much as we can, by offering bursaries. We endeavour to widen the scope and reach of our work; to expand the diversity of our teams and those who use our services. We are particularly interested in supporting teachers who are working with specific projects within under-represented communities or as part of a charity or social enterprise    Our [Equality, Diversity and Inclusion (EDI) Policy](https://home.mindfulness-network.org/our-policies/) aims for all in society to be offered mindfulness-based courses delivered within recognised good practice guidelines. We recognise that the mindfulness world is not always truly representative and diverse and wish to be part of making changes and promote equal access to every dimension of our work. |
| **Please give detailed plans about how bursary-assisted supervision will assist in mindfulness reaching people who may not otherwise be able to access mindfulness.**  **Include information on:**   * *How this bursary will benefit both yourself and the wider community, especially underrepresented communities, or as part of a charity or social enterprise, in line with the Mindfulness Network Vision* * *How your work supports equality, diversity and inclusion (EDI), in line with our EDI Policy* * *The context and setting of your mindfulness-based work: Which MBP and population you are working with?* * *Your vision for the next 5 years around this work: a sense of where you see the work going?* * *What longer-term plans do you have beyond this bursary, for developing financial stability for your work?* |
| **Section 2 – Additional Information** |
| **Is there anything else not already covered that you would like the panel to consider in relation to this bursary application?** |

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| **Please confirm that you are happy to complete a feedback form after completing our bursary scheme and that you understand you may be asked to provide a summary of how the bursary has been of benefit to yourself and particularly to others in the form a one-page case study/or blog post, for our website:** | **Yes/No** |
| *Feedback may be used anonymously on our website, newsletters and social media in order to demonstrate how the bursary scheme can make an impact.* | |