# **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, shared or group supervision / supra-vision sessions. Some supervisors may offer alternative languages, rates or times such as 30 minute sessions.*  *It can take up to 6 weeks for a panel decision on your bursary application, therefore please allow enough time for your bursary application to be processed ahead of the date that you wish to begin bursary-assisted supervision with a Mindfulness Network Supervisor. You will need to wait for the bursary decision before you can begin the bursary-assisted sessions.  If you are applying for a new Mindfulness Network supervisor, you can continue to do this in the meantime.*  *Bursaries will not be granted for supervision that has already taken place.* | |

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| **Do you meet or are working towards meeting the** [**Good Practice Guidelines (GPG) for mindfulness-based teachers**](https://bamba.org.uk/teachers/good-practice-guidelines/) **or equivalent?** | **Meet/Working towards meeting** |

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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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| *We only have a limited number of bursaries, 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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| **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 provide specific information in response to each of these questions below:** |
| 1. **How would receiving bursary assisted supervision support your teaching/mindfulness work at this moment in time?** |
| 1. **How will this bursary assist in mindfulness-based practices reaching people who may not otherwise be able to access mindfulness in line with our EDI policy? Please provide some detail around this in your answer.**   *For example, you may be from a community that is not widely represented in the mindfulness world or you may be planning to teach in a community that does not currently have access to mindfulness-based practices – this can include a range of situations including workplaces and local communities.* |
| 1. **What is your longer-term intention for this work?** |
| 1. **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, social media and in funding applications in order to demonstrate how the bursary scheme can make an impact.* | |