



## **Declaration of Commitment of the seal entitled “Mindfulness Master Trainer, In-Me”**

**Name:** \_\_\_\_\_ **Country:** \_\_\_\_\_ .

As “Mindfulness Master Trainer, In-Me” I’m a representative of the In-Me with privileges and responsibilities. Therefore, I agree to fulfil the requirements for “Mindfulness Master Trainer, In-Me” regarding: Ethics, In-Me Quality Standards for Qualifications & Certificates, Membership Commitment, Member in good standing, Complaint Procedure, CPD (Continuing Professional Development), and for In-Me Marketing and further In-Me Development.

### **The privileges of this Appointment as “Mindfulness Master Trainer, In-Me” are:**

1. I have the right to seal certificates for trainings that fulfil the excellent In-Me standards with an In-Me seal (for details please see the In-Me Certification Guidelines: [www.In-Me.world/pdf/guidelines.pdf](http://www.In-Me.world/pdf/guidelines.pdf) ).
2. For participants of my trainings In-Me membership is free of charge for the level where I issued for them a correct In-Me sealed certificate (for Membership Benefits please see: [www.In-Me.world/about/benefits.php](http://www.In-Me.world/about/benefits.php) ).
3. I can advertise my In-Me Mindfulness trainings on the In-Me websites so that interested people can search for my Mindfulness trainings there.
4. I’m listed on the In-Me website as “Mindfulness Master Trainer, In-Me” so that interested people can find me in the countries where I offer In-Me sealed trainings through the In-Me search machine and on Google Maps.
5. I have the right to use the title “Mindfulness Master Trainer, In-Me” and the In-Me logo on websites and documents for marketing In-Me trainings.
6. I can contribute materials (e.g. articles, webinars, eLearning online courses, assessments) on the In-Me website for members and potential members, and discuss special topics in the In-Me discussion forum for members.
7. I can create special qualifications with the written approval of the In-Me Training Commission.
8. Through ICI IN WSCO WHO In-Me cooperation of Universities ( [www.in-ici.net/ucn.php](http://www.in-ici.net/ucn.php) ) I can do scientific research about the effectiveness of my trainings or training methods, I can study Psychology with a focus on Mindfulness, and I can offer the option of academic credit points (ECTS) for my In-Me sealed trainings.
9. I have the right to vote on Membership Meetings for seal entitled “Mindfulness Master Trainer, In-Me”.

**The responsibilities of this Appointment as “Mindfulness Master Trainer, In-Me” are:**

1. I adhere to the In-Me Ethics Codex and the In-Me quality standards for sealing with In-Me, incl. my Continuing Professional Development (CPD) and follow the In-Me “Certification Guidelines”, incl. the rules and regulations regarding In-Me Curricula, Training Standards, Titles and Certificates. The In-Me Ethics Codex includes as well that, I fulfil all legal requirements and abide by the laws of the country where I offer my service and practice.
2. I keep all information updated in my profiles on the In-Me website and I’m fully responsible for all content including links to other websites that I have placed on the In-Me website.
3. I stand up for the In-Me. That means that I actively support the good reputation of the In-Me and of Mindfulness, that I’m a point of reference for others who want information about the In-Me, that I place an active link from the In-Me logo on my website, and that I support the In-Me marketing and the World Congresses of IN ICI In-Me.
4. I accept and actively support the work of the In-Me President in the country where I offer In-Me trainings. I understand that Presidents have the right and duty to decide in their country: who can post seal what exactly, how to control the high quality of the In-Me standards (including the planning, conducting, and assessment of a Trainer Training), and about stricter rules (within the rules and regulations of In-Me and the limits of the decisions of the In-Me board and relevant commission).
5. I strongly recommend In-Me membership and inform all my In-Me sealed participants about the In-Me membership advantages: [www.In-Me.world/about/benefits.php](http://www.In-Me.world/about/benefits.php)  
In case of Group Registration I only register In-Me sealed participants who want this and who accepted the “In-Me Membership Statement” that are in the In-Me Certification Guidelines: [www.In-Me.world/pdf/guidelines.pdf](http://www.In-Me.world/pdf/guidelines.pdf)
6. I confirm that I read the book from Kabat-Zinn: “Full Catastrophe Living”, did the 8 weeks Mindfulness exercises, have basic qualifications or experiences in breathing, yoga and meditation, know how to apply the human development levels of Prof. Dr. Clare Graves for “Mindfulness Practitioner, In-Me” and the levels of the Heroes’ Journey for “Mindfulness Master, In-Me”.

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Name	Country
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Institute
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Place, Date	Signature
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