



## In-Me Certification Guidelines

### A certificate with an In-Me title has to include the following:

1. the correct title of the qualification and the information regarding the amount of face to face training according to the In-Me respective curriculum in days and hours:
  - "Mindfulness Intensive, In-Me": 30 hrs/4 days
  - "Mindfulness Practitioner, In-Me": 90 hrs/12 days (60 hrs./8 days + the entrance qualification "Mindfulness Intensive, In-Me") \*1
  - "Mindfulness Master, In-Me": 180 hrs/24 days (90 hrs./12 days + the entrance qualification "Mindfulness Practitioner, In-Me") \*2
  - "Mindfulness Coach, In-Me": 210 hrs/28 days (120 hrs./16 days + the entrance qualification "Mindfulness Practitioner, In-Me") \*3
  - "Mindfulness Trainer, In-Me": 430 hrs/58 days (130 hrs./18 days + the entrance qualifications "Mindfulness Master, In-Me" and "Mindfulness Coach, In-Me") \*4
2. the date of the first and last day of the training
3. a statement that all In-Me guidelines have been met
4. the In-Me seal (sticker with In-Me logo and seal number)
5. the signature of the "Mindfulness Master Trainer, In-Me"

Please note that if you use an In-Me title on a certificate, an In-Me seal is required.

\*1: If for "Mindfulness Practitioner, In-Me" only the Practitioner module time of 60 hrs./8 days is used on the certificate, then it is needed to include, that the entry requirements for this qualification is a valid "Mindfulness Intensive, In-Me" certificate.

\*2: If for "Mindfulness Master, In-Me" only the Master module time of 90 hrs./12 days is used on the certificate, then it is needed to include, that the entry requirements for this qualification is a valid "Mindfulness Practitioner, In-Me" certificate.

\*3: If for "Mindfulness Coach, In-Me" only the Mindfulness Coach module time of 120 hrs./16 days is used on the certificate, then it is needed to include, that the entry requirements for this qualification is a valid "Mindfulness Practitioner, In-Me" certificate.

\*4: If for "Mindfulness Trainer, In-Me" only the Mindfulness Trainer module time of 130 hrs./18 days is used on the certificate, then it is needed to include, that the entry requirements for this qualification are a valid "Mindfulness Master, In-Me" and "Mindfulness Master, In-Me" certificate. A 130 hrs./18 days "NLP Trainer, IN" training can be accepted as comparable to a "Mindfulness Trainer, In-Me" training.

### Optional

**1. Training content for the qualification:** We highly recommend to list the complete trained main content and the complete amount of training hours and days that is needed for the certified qualification in Mindfulness on the backside of the certificate or on a separate signed document.

**2. Entry Requirements with not In-Me sealed certificates:** Certificates with a comparable amount of face to face training from a Mindfulness Master Trainer with comparable qualification background as a "Mindfulness Master Trainer, In-Me" can be accepted as entry requirement as

well. In case of any ambiguity or uncertainties please contact the In-Me President in charge or the In-Me Office.

**3. For stating the academic value of an In-Me sealed certificate the following statement can be used:** "Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Mindfulness."

**More Details regarding In-Me Certification and Training Standards:**

A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 members (counted without assistants or " Mindfulness Master Trainer, In-Me"). We highly recommend assistants for trainings bigger than 10 participants. An In-Me certification training with In-Me sealed certificates (sticker with In-Me logo and seal number) has to be conducted at least 80% of the time by an approved " Mindfulness Master Trainer, In-Me ". The remaining up to 20% of the training can be conducted under his supervision and responsibility. The list of appointed "Mindfulness Master Trainer, In-Me": [www.In-Me.world/mastertrainer](http://www.In-Me.world/mastertrainer)

**In-Me seals:** For ordering In-Me seals please use the login area. In this online process you can define the correct address where the seals should be sent, the system sends you the invoice immediately, you can pay immediately, and everything goes faster this way. A seal costs 15 €. The In-Me pays the shipment. Every In-Me seal consists of the In-Me logo with a unique number.

**Free membership with a sealed certificate**

We highly recommend that you motivate your training participants to become a member for free. No admission fee and no yearly membership fee. Really totally free of cost. Registration has many advantages. First of all, it supports your marketing for all the members who come from you are listed in your profile. The benefits for the participants: [www.In-Me.world/about/benefits](http://www.In-Me.world/about/benefits)

Your participants can register individual one by one at [www.In-Me.world/application](http://www.In-Me.world/application)

This application process is time consuming for your participants and requires them to upload their certificate for validation. Therefore, we recommend a more easily approach to register all of your participants at once without the need to upload individual certificates. Its quick and easy.

**There are 2 methods to register all of your participants in one step:**

**Method A** (recommended): Let your participants register with a simple magic link when you hand out the sealed certificates directly at the end of your training.

**Method B** (not recommended): Group Registration per E-Mail some days after the end of a training.

Please find all details here: [www.In-Me.world/pdf/registration.pdf](http://www.In-Me.world/pdf/registration.pdf)