



## AN INTRODUCTION TO MINDFULNESS

*Begins October 25. Complete this eCourse on your own time, In any location that's convenient to you and earn CEUs.*

How do we shift from running on autopilot and feeling stressed to being present, focused and calm? How do we cultivate mindfulness for ourselves and those we serve? Mindfulness is about being fully present with non-judgment, openness and acceptance. A mindfulness practice is proving to be a remarkably powerful technique to help us to deal with the challenges of living in an ever-changing, uncertain world. This evidence-based eCourse will introduce you to mindfulness: what it is, how and who it benefits, and the practice.

Upon completion of this interactive and experiential, 6-week, 12-hour eCourse, you will:

- Define mindfulness and identify its three core elements
- Use the Mindful Awareness Attention Scale to assess one's mindfulness
- Describe the benefits of being present
- Experience and be able to explain five mindfulness techniques
- Identify how to integrate mindfulness into your personal and professional practice

Social Workers will receive **12 Category "A"** CEUs under the ACSW competence requirements. This eCourse is applicable to all social work categories. Other professionals: Contact your regulatory board to determine course approval.

**How it Works:** On a weekly basis, you'll be reviewing videos, completing self-assessments, reading articles, practicing mindfulness, participating in e-discussions and, if you are interested in earning CEUs, taking a post-test. Expect to put in an average of 2 hours/week.

**Registration:** Fill in the form below and email to [info@kaizensolutions.org](mailto:info@kaizensolutions.org) or fax to 780.459.8867. You will be sent an invitation with instructions on how to sign in and get started.

Registration fee includes all course materials. No charge for post test and CE certificate. Introductory Fee \$239. (Regular fee \$299). **Early Bird: Register 3 weeks prior to course start and pay \$189.** Certificates will be emailed within 30 days after successful completion of the post test.

**Special Needs:** Contact us if you require special assistance.

**Cancellation:** Refunds (minus a \$50 processing fee) are available. Please note: refunds are not available once access to the course has been given.

**About Val Kinjerski, MSW, PhD, RSW**  
*Facilitator, Consultant, Writer*

Dr. Val Kinjerski is a leading authority on the topic of Spirit at Work. Prior to dedicating herself to the creation of spirit at work, Val held social work positions ranging from front-line to program development to senior management. Her research is published in management, leadership, health care and career journals and she has presented at numerous regional, national and international conferences. Val is the author of *Rethinking your Work: Getting to the Heart of What Matters*.



**To download our FAQ, for more information or grievances:**  
[www.kaizensolutions.org](http://www.kaizensolutions.org) • 780.459.2588 • [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)

Kaizen Solutions for Human Services, provider # 1116, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) program.

ASWB Approval Period: August 8, 2009 – August 8, 2015.



[www.kaizensolutions.org](http://www.kaizensolutions.org)



*An Introduction to Mindfulness  
eCourse Registration Form  
With Val Kinjerski, MSW, PhD, RSW*

Course Name: An Introduction to Mindfulness		Course # 1305 12 CEU	
Name:		Job Title:	
Organization:			
Address:			
City:		Province/State:	
Postal Code/ Zip:		Email:	
Phone: (      )		Fax: (      )	
Regular Course Fees (\$299)	Introductory offer <input type="radio"/> \$239	Early Bird Introductory offer thru Oct 4 <input type="radio"/> \$189	
Amount enclosed: \$ <input type="radio"/> Cheque <input type="radio"/> Money Order <input type="radio"/> Credit Card			
Credit Card: <input type="radio"/> Visa <input type="radio"/> MasterCard			
Credit Card #		Expiry Date:	
Name on Card		Authorized Signature	
How did you learn about the eCourse?			
What other types of eCourses are you interested in?			
Do you require a continuing education certificate? <input type="checkbox"/> Yes please. <input type="checkbox"/> No thanks.			
We are sending all course participants a copy of our Rethinking Your Work Newsletter. Please indicate if you do <b>not</b> want to be included. <input type="checkbox"/> No thanks.			
<b>Further details provided upon registration.</b> How would you like to be contacted? <input type="radio"/> Email <input type="radio"/> Fax			
<b>I am aware that this course this course requires approximately 2 hours participation per week. _____ Initial please.</b>			

**To Register:** Complete order form with payment and submit by:

**Mail:** Kaizen Solutions for Human Services, 82 Lancaster Cr. St. Albert AB T8N 2N8

**Fax:** (780) 459 – 8867 📠 **Phone:** (780) 459-2588 📞 **Email:** [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)



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