



SiTT Support for Integrity in Teaching and Training

What is SiTT?

SiTT facilitates a community of mindfulness teachers, trainers, trainees and assessors that acknowledge one another's experience and expertise and support each other to meet ongoing good practice guidelines. All SiTT affiliated activities, including in person and online group meetings, community days and retreats, are run and led by the participants on a co-operative basis and are therefore described as "peer-led". This approach, conducted mindfully and in an atmosphere of mutual care and co-operation, means the meetings are a form of practice in and of themselves.

Objectives

1. To facilitate communities of mindfulness teachers, trainers, trainees and assessors that support one another to uphold integrity and meet good practice guidelines.
2. To enable members to use relationships within the community as an opportunity to practice self-awareness and common humanity.
3. To lower the financial commitment of meeting ongoing good practice requirements for the mindfulness teaching and training community.

SiTT Teacher Groups

Monthly meetings offer teachers the space to come together for practice, peer reflection and connection. The 2-hour meetings start in silence which is maintained until after the 20-minute arrival sit. This is followed by a 40-minute peer reflection segment in which mindful communication and skilful responding support teachers to reflect around a theme, such as one of the domains of the MBI-TAC, an attitudinal foundation or something more specific to their specialism. The group then moves into a 20-minute tea break in which connections and relationships are formed in areas outside of mindfulness teaching. The group comes back together for the final 40-minute sitting practice.

Members can attend any open group once as a participant and then enter the rotation to facilitate the monthly meetings. This may feel like a challenge for some which presents a valuable opportunity for using practice to resource and turn towards. Those wishing to set up a new group, either open to any community member or closed for those working within a specialism, should contact SiTTmindfully@gmail.com.

Community Days

While monthly meetings support connections between teachers working closely with one another, either by geography or by specialism, community days bring together teachers, trainers, assessors, supervisors and trainees applying mindfulness across a range of fields and

locations. This creates a bigger container for learning and connection. Workshops focus on mindful communication, community building and peer reflection on teaching, training and practice. Community days are also an opportunity for members to get updates based on shared learning from the community.

SiTT MBI-TAC Assessor Group

SiTT offers the space for MBI-TAC assessors to come together, to cultivate reliability, kindness and consensus in the assessment process. The foundation of SiTT assessor meetings is the cultivation of compassion, both for the trainee under assessment and for the self within the role of assessor. Critique is an inherent part of the assessment process. The peer connection and support in the SiTT community can help assessors to hold this process with kindness and care.

Meetings are peer-led and held quarterly online, enabling assessors from international teacher training organisations to join. The meetings start with a practice followed by a peer reflection segment in which the group discuss the assessment of MB teaching, through the lens of a theme such as a domain of the MBI-TAC. This provides the opportunity for assessors to share in one another's wisdom and experience of trainee assessment. The group come back together for a final practice before closing.

Membership to a SiTT Assessor group demonstrates adherence to good practice. Members are required to have had recognised training in the MBI assessment process. The SiTT membership list is therefore a place for international training organisations to refer, when building or expanding their assessment teams. Assessors that regularly attend SiTT Assessor meetings, will be able to use the SiTT Assessor logo to demonstrate commitment to ongoing good practice.

SiTT Community

- Monthly SiTT Group meetings, either in person or online.
- SiTT Group induction for those wishing to set up new groups. Groups can be open to the whole community or closed to those working within a specialism.
- Ongoing support and coordination for monthly groups, community days and retreats and further development of the broader SiTT community.
- SiTT member logo to demonstrate commitment to good practice
- Community Days
- Practice days

SiTT Contributions

To contribute to the SiTT community, you can either

- ✓ Offer your time in coordinating a local group, either in person or online.
- ✓ Offer to assist with the administration of SiTT
- ✓ Offer to donate.

Some members offer a monthly donation via direct debit, others donate annually. We also welcome singular contributions. 100% of all donations and contributions go towards supporting the community to continue, grow and hopefully one day flourish.

If you would like to contribute to SiTT please contact SiTTMindfully@gmail.com