Application for the 8 Week MBSR

Distance Learning Course

With Claire Griffin

1. **Venue information**:

Zoom – 1-1 or Group live Distance Learning course. **Application information**:

Payment by PayPal or Bank Transfer at the point of acceptance for the 8 Week MBSR Distance Learning Course direct to the course teacher **in GBP pounds sterling.**

1. **Information policy**

All information is used for assessment of training suitability only and is not passed on, shared or disclosed to any third party. We will then contact you to arrange a call to discuss if the course is suitable for you at this point in your life, and to ensure that you are clear to what the course offers and demands.

Mindfulness Web is a Claire Griffin Talent Ltd business. By providing the below information and submitting the registration you agree for Claire Griffin Talent Ltd. to store your information on their secure system. Your information will be kept for 7 years from the last day of the course you attend.

We never share your information however we occasionally send news updates and information to participants about our forthcoming courses and events if you have given us permission to do so (see indicate your preference by answering the YES/NO question at the end of this form).

If you

1. **Cancellation Policy:**

You may withdraw your application eight weeks prior to the event commencement date at which point you will be offered a refund, minus a 25% admin fee. If you cancel your place on a course within eight weeks of the event commencement date, no refund will be offered and dates once set cannot be changed.

In the unlikely event that, due to unforeseen circumstances, the course has to be canceled by us, we will refund any fees paid to us by participants. Our liability is limited to refunding only our event fees. For in person courses or retreats we recommend participants have adequate insurance to cover any canceled travel or personal expenses.

I confirm by ticking this box I have read the information above and understand and agree to the payment and cancellation arrangements of Claire Griffin Talent Ltd. : 

**Date of consent:……………………….**

**About you**

Title:

First name:

Surname:

Address:

Telephone:

Email:

Date of Birth:

Where did you find out about this course?

1. **Your physical health**

* Do you have any current medical conditions? If so please give details:
* Do you have any physical illness or other limitation that may make hearing, sitting, standing, walking or doing simple exercises difficult for you?

**Very Important - If you have significant physical health problems, please tell your GP that you are undertaking the course.**

1. **Your mental health**

* Have you had any mental health issues or concerns within the last few years, such as anxiety or depression?
* Have you ever received psychiatric or psychological treatment before?

* Have you ever made a suicide attempt?

**Very important - If you are currently receiving counseling, psychotherapy or any mental health treatment please tell your therapist that you are undertaking the course.**

1. **Alcohol and other substance abuse**

* Has alcohol or drug use (including over-use of prescribed medication) ever caused problems for you?

1. **Experiences of upsetting events**

* Sometimes things happen to people that are extremely upsetting - things like being in a life threatening situation like a major disaster, very serious accident or fire; being physically assaulted or raped; seeing another person killed, dead, or badly hurt, or hearing about something horrible that has happened to someone you are close to. At any time during your life, have any of these kinds of things happened to you?

1. **Life changing event**

* Have you experienced any life -changing events during the last 12 months? These could include events such as divorce, bereavement, job change, moving house, diagnosis of a serious health issue etc. If yes please describe.

1. **Other**:

* For the 1-1 option, please indicate if you have a preference which day of the week:
* Please give details of any previous **mindfulness courses, training or retreats** you have attended or plan to attend:
* Please indicate briefly what you hope to get from this course:
* Any other information you would like to pass onto the admin team or teachers in connection with this application:

**Please note** that it is important for you to be able to find a quiet place, free of distractions for your call, advising friends and family that you are not to be disturbed. This means that you will be able to focus on the direct experience of Mindfulness, and make the most of our time together. To take part in the group Zoom course and to ensure the best possible experience for all participants the course relies on video conferencing which has minimum equirements to work properly. That includes having a computer with speakers, microphone, video capabilities, and a high speed internet connection (not Wi-Fi) We recommend that you watch the video tutorial [Joining a meeting with Zoom](https://youtu.be/TAGiPCJNd3A)

Course Teacher: Claire Griffin

Email: [claire@clairegriffintalent.com](mailto:claire@clairegriffintalent.com)

*We comply with the GDPR (General Data Protection Regulations) for handling and storing your data. This information will not be shared with any 3rd party without your prior consent. For more information please see our Privacy Policy here.*

**Please indicate below if you are happy for us to contact you after the course for marketing purposes.**

“I am happy for my name and email address to be kept for marketing purposes so I can be kept informed about other courses or events run by Claire Griffin.”

**YES/NO** (please delete as applicable)

Date of consent: …………………………………..