

Making Mindfulness Accessible Project

Design Circle Job Description

JOB TITLE: Curriculum Consultant

LOCATION: United States - Remote

TERMS: Contract - 1099 (Part-Time)

APPLICATION DEADLINE: Accepting applications through March 31, 2024

Are you passionate about expanding accessibility and diversity in mental health education resources? If so, Mindfulness First is seeking contracted Curriculum Consultants!

<p>ABOUT MINDFULNESS FIRST</p>	<p>Mindfulness First is a charitable nonprofit organization dedicated to improving mental health wellbeing. Our mission is to teach children and adults practical skills and knowledge needed for lifelong mental health wellbeing. We envision a cohesive society where humankind is supported by equitable tools for self-efficacy and mental health wellbeing through systemic changes for stronger, safer and more connected communities.</p>
<p>ABOUT THE PROJECT</p>	<p>Since 2013, Mindfulness First has equipped thousands of children and adults with mindfulness-based mental health skills and strategies. During our first decade as an organization, it has become clear that our current programming and curriculum, while effective and evidence-based, require additional adaptation and growth in order to effectively serve the populations that need us most.</p> <p>Making Mindfulness Accessible is a six-phase, 36-month project that improves access to equitable and inclusive trauma-informed mindfulness practices and training. The project has an additional sub-focus of creating unique programming that serves children and teens who are Visually Impaired/Blind, Deaf/Hard of Hearing, and Deafblind given the paucity of current mental health resources for these communities combined with the unique accommodations needed to effectively reach them. Our adapted programming for the VI/Blind, Deaf/Hard of Hearing, and Deafblind community will also serve as a template for additional adaptations for underserved populations in the future.</p> <p>Our curriculum will teach participants the resilient behaviors needed</p>

	<p>to manage common adversities that children and youth face today such as isolation, violence, and bullying. These include effective strategies for emotional regulation, such as tools to manage anger, fear, loss and isolation and resultant trauma experienced during the global pandemic.</p>
<p>OVERVIEW OF THE NEW CURRICULUM</p>	<p>Our new curriculum will consist of various modules:</p> <p>Module I, or our ‘Core Module’, will focus on the foundations of developing a mindfulness practice, similar to our current course, Intro to Mindfulness. This offering will be geared to any adult interested in learning mindfulness regardless of their profession or role in the world.</p> <p>A ‘Teaching Youth’ module will be available to adults who want to teach youth these concepts and strategies, inspired by our current course, Teaching Mindfulness I. This could be educators, parents, community organizers, etc.</p> <p>A team of Accessibility Specialists will be creating dedicated modules for adults and youth in the Visually Impaired/Blind, Deaf/Hard of Hearing, and Deafblind community as well.</p> <p>We anticipate that additional modules may be needed as well to serve populations with neurodivergence/special needs and/or other underserved populations.</p>
<p>ABOUT THE POSITIONS</p>	<p>The creators of this program are key to its success. To ensure that all training materials and curriculums are equitable and inclusive, they will be designed with a diverse group of mindfulness teachers and experts.</p> <p>The Mindfulness Curriculum Consultants assigned to this project will become a part of our “Design Circle” responsible for imagining and creating the new curriculum.</p> <p>Please note, Design Circle members may work closely with the team of Accessibility Specialists who will be creating specific curriculum for the Visually Impaired/Blind, Deaf/Hard of Hearing, and Deafblind community.</p>
<p>RESPONSIBILITIES</p>	<p>Responsibilities include but are not limited to:</p> <ul style="list-style-type: none"> ● Collaborate to create the syllabus and curriculum for the new Core Module and Teaching Youth Module. ● Participate in group workshops to: <ul style="list-style-type: none"> ○ Determine the structure & format of the course

	<ul style="list-style-type: none"> ○ Decide on lesson themes & learning objectives ○ Create a training certification process for instructors ○ Conduct focus groups, if needed ○ <i>NOTE: The day & time for workshops will be determined by the group once assembled.</i> ● Develop curriculum content, materials, and resources for a few lessons. Each Design Circle member will be assigned a few lessons to work on, individually, or in small groups. ● Attend weekly meetings to: <ul style="list-style-type: none"> ○ Review curriculum content, materials, and resources created by the group ○ Discuss findings, share insights, and contribute ideas for curriculum improvement ○ Evaluate curriculum to ensure alignment with inclusivity, equity, and trauma-informed practices objectives. ○ <i>NOTE: The day & time for recurring weekly meetings will be determined by the group once assembled.</i> <p><i>NOTE: A few Design Circle members will have the opportunity to create recordings and other content for our prototype for an additional stipend. This will be low-production value content that can be created with your own technology for the purpose of creating a prototype of the new training modules to pilot before fully producing the new content.</i></p>
<p>DESIRED SKILLS & EXPERIENCE</p>	<p>Mindfulness First values educational experience, work experience, and/or lived experience. We seek individuals who prioritize mental health well-being, are dedicated to advancing our mission, and share our values of trauma-sensitivity, equity, collaboration, and advocacy. As a Curriculum Consultant, we are looking for you to have the following skills:</p> <p>Essential Skills:</p> <ul style="list-style-type: none"> ● Formal training and/or extensive experience teaching mindfulness-related skills to individuals. ● Ability to objectively identify strengths, weaknesses, and improvement areas in curriculum. ● Extensive knowledge and understanding of mindfulness and/or social and emotional learning. ● Extensive knowledge and understanding of trauma and/or adverse childhood experiences (ACEs). ● Extensive knowledge and understanding of the needs of marginalized communities, which may include but is not limited to visually impaired/blind, hearing impaired/deaf, or deafblind individuals, BIPOC, LGBTQ+ individuals, neurodivergent individuals, and disabled individuals. ● Ability to communicate and collaborate effectively.

	<ul style="list-style-type: none"> • Ability to work remotely and navigate online platforms with ease. <p>Bonus Skills (Not Mandatory, but Valued):</p> <ul style="list-style-type: none"> • Experience creating effective and engaging curriculum. • Experience working in K-12 settings with students and/or school staff. • Experience working in special education. • Certifications or training delivering trauma-informed approaches or providing mental health support.
<p>ESTIMATED SCHEDULE & TIME COMMITMENT</p>	<p>This entire project will take place over 36 months. Below are the estimated schedule & monthly time commitments for each milestone:</p> <p><u>Phase I</u></p> <ul style="list-style-type: none"> • April 2024 (approx 2 hours): <ul style="list-style-type: none"> ○ Onboarding & Project Kickoff • May - December 2024 (approx. 7-8 hours per month): <ul style="list-style-type: none"> ○ Design Course Layout and Create Lesson Plans • January 2025 (approx. 7-8 hours for select DC members) : <ul style="list-style-type: none"> ○ Film prototype videos for new core training program • February 2025: <ul style="list-style-type: none"> ○ Mindfulness First team to compile prototype videos and create finalized prototype course <p><u>Phases II - IV</u></p> <ul style="list-style-type: none"> • To be completed by subsequent groups between February - December 2025. <p><u>Phase V</u></p> <ul style="list-style-type: none"> • February - April 2026 (approx. 10 hours per month): <ul style="list-style-type: none"> ○ Design Circle to reassemble to review feedback from pilot prototype and make revisions
<p>COMPENSATION</p>	<p>\$5,460 Stipend</p> <p><i>NOTE: Does not include stipend for those who will create video and other content for the prototype training.</i></p>
<p>WHY BECOME A MINDFULNESS FIRST CONTRACTOR?</p>	<ul style="list-style-type: none"> • Receive discounts on merchandise as well as select Mindfulness First e-courses and training. • Be part of a collaborative, like minded team that models mindfulness, cares deeply about prioritizing mental health in our communities, and works towards building a better tomorrow.

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| | <ul style="list-style-type: none">• Join our inclusive co-leadership governance structure at Mindfulness First, where every voice and lived experience is highly valued. Your input matters significantly, and your contributions will create meaningful impacts.• Contribute to the Mindfulness First mission by having the opportunity to share professional expertise, insights, and personal experiences that helps ensure the ability to improve mental health wellbeing.• Experience valuable networking opportunities with fellow team members. |
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