**Application Form - Stage 1**

**MSC Teacher Training Course: Mindful Self-Compassion**  
Holland House Retreat House, Pershore, WR10 3NB

<https://www.hollandhouse.org/about/>

**Mon 24 March 2025 - Sunday 30 March 2025.**

**Led by Zoe Shobbrook-Fisher and Ali Lambie**

By providing the below information and submitting the registration you agree for Sussex Mindfulness Centre (SMC) to store your information on their secure system and share it with the SMC team members to both administer and deliver the required training. Please note that the name you provide here will be used on your CPD certificate.

**Please read the supporting information about this training that is on the Sussex Mindfulness centre website very carefully.** The application process is in 3 stages:

1. Completion of this registration form and payment of £500 deposit to Sussex Mindfulness Centre (plus £300 if you want to place a deposit for the Teacher Training Practicum).
2. Completion of additional application form which will be reviewed by the trainers. You will be sent the Stage 2 Application Form to complete this once the deposit has been received.
3. Provided your application is accepted, you will then be invited to pay the balance to SMC. Once this payment is received, you will receive a confirmation of your place.

**Should your application in stage 2 not be accepted, or if SMC cancel the course, you will be refunded your deposit. Under any other circumstances, your deposit is non-refundable.**

This form represents the registration process (stage 1).

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| **PERSONAL INFORMATION** | |
| Name: |  |
| Address: |  |
| Email: |  |
| Phone: |  |

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| **Deposit payment for Teacher Training (£500)** - Preferred method of payment is via Ticket Tailor. Invoices can be raised on request.  **If also choosing to do the Teacher Training Practicum (TTP), there is a further deposit (£300)** **to secure a place. Places are dependent on successfully completing the Teacher Training.**  Sign up for the TTP:  Thursday 1 May to July 10 2025 with break for H/T on 29 May.  4.00 - 6.30pm BST  □  Preferred method of payment is via Ticket Tailor. Invoices can be raised on request. |

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| Do you have any special dietary requirements? YES or NO  Please describe: | |  |
| Do you have any logistical or practical requirements? YES or NO  Please describe – (please also see supporting information): | |  |
| Please select your payment and tick the relevant box (one of 2 options below): | |  |
| **Balances must be paid in full by 1 December 2024.** | |  |
| 1) Single occupancy room: Early Bird: (Before 1 Oct 2024) £1700 | |  |
| 2) Single occupancy room: Standard (From 1 Oct 2024) £1850 | |  |
| Please state balance of the Teacher Training due by 1 December 2024 (this is the cost of your room above minus £500 deposit): | |  |
| If you are also applying for the Teacher training Practicum, please state the balance due by 1 December 2024 (this is the cost minus £300 deposit)  1) Early Bird: (Before 1 Oct 2024) £700  2) Standard (From 1 Oct 2024) £800 | |  |
| If you have special financial circumstances and wish to apply for a bursary, please tick here. If you tick this box, you will be asked to complete an essay explaining your circumstances as stated in the supporting information. **Bursary allocations will be made by 1 November 2024.** | | □ |
| Please state if your attendance is entirely dependent on a bursary being given. YES or NO | |  |
| Where did you find out about this event? |  | |
| I confirm I have read, understood and agree to SMC's Terms and Conditions and the payment and cancellation arrangements in the supporting information and wish to apply for the above event. YES or NO | |  |
| Please tick here if you would like to join our mailing list to hear about other relevant Sussex Mindfulness Centre news and events. (We will not pass your details on to anyone outside SMC and you can unsubscribe at any time) | | □ |
| Signed: | |  |
| Date: | |  |

Please return this form to: smc@spft.nhs.uk