



## Coach Getting Started guide!

Now that you have graduated the Ovio deep dive or teach mindfulness course and completed the Ovio Mindful kids coach course, you are ready to start teaching our Ovio Mindful Kids course.

Here are a few things you will need to get started and some other information that might be helpful along the way!

Firstly, if you haven't already signed up to the [Ovio Mindfulness Professionals Network](#) (OM Network) it's a good time to do so. Keeping connected in this network will allow you to continue your learning and deepen your mindfulness practise.

To be part of a community that aims to grow and inspire each other both personally and professionally, to wake up to the highest, truest version of yourself and inspire this in others.

It also allows access for you to run the Ovio Mindful kids courses commercially.

**The fee is \$27 per month with your first month free.** [Sign up here](#)

[Take a virtual tour of the Network dashboard here](#)

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## How to prepare for your first Ovio Mindful Kids course for an audience of kids or adults.

The most effective and recommended way to run the Ovio Mindful kids course to kids is **one 30-40 min session per week over 8 weeks** (*depending on your*

*experience and relevant qualifications -this can be delivered one on one or in small group settings).*

The most effective way to run the Mindful kids course to adults is 1hour session per week over 3 weeks. (Prerequisite for this course is the Ovio Mindfulness One course)

The course is designed to be run in a facilitated workshop style rather than a presentation more like an exercise class than a mindfulness lesson. Remember it is more important for children and adults to practise mindfulness than to know what mindfulness is from a cognitive point of view. It is very important that Ovio Mindful kids course is experienced rather than taught.

### **Why not attend a course held by another Ovio facilitator, to see how it is done!**

Reach out now on the [Network Facebook group](#) and see if anyone is running one in your area and if they're happy for you to attend and or help out.

### **To Prepare:**

**Step 1. Review the screen recordings of the 4 essential topics Attention, Balance, Connection and healthy mindset (stories).** Once you are signed in to the OM network you can [view these videos here](#) (access via dashboard –Ovio Mindful kids)

- Listen to these recordings with your Ovio Coach guide in front of you so you can make your own notes as you go. (you received a presenter guide as part of the training or you can [download it here](#))
- Remember to tweak your coaching style to suit your audience add your own stories and speak from your experience and wisdom 😊

### **Step 2. Test Run**

- Once you are feeling confident enough to coach the exercises, practise on your children, friends' children or any other children or adults who are keen.
- To coach the exercises you need to use the Mindful kids coach card set or the smaller mindful kids card set. You can order a coach card set in the shop area of the OM network. Please do not use the powerpoint to coach the kids.

### **Step 3. Decide a time, date and book a venue**

- Try local community halls, schools, sports clubs, yoga studios, wellness centres, hotels, at home or other event spaces depending on the group size.
- Choose a time suitable for yourself and your audience.

- Another option is to ask someone to host a course for you, they gather the children or adults and you turn up and deliver Ovio Mindful kids. (school groups, mums groups, after school care centres etc)

#### Step 4. Pricing your course

- Ovio recommends that you **charge at least \$125 per participant for both the 8-week course or the 3 -week course** (includes card set and online access to Ovio Mindful kids course)
- The fee you charge for the course will depend a lot on your expertise, qualification and location.
- Remember each participant you train gets access to [Ovio](#) Mindful kids for free (email Cheryl for your unique promo code) this is valued at \$125 per person. (1 access per card set order-tracked by Ovio admin) This means parents can learn what their children are learning as well as having lifetime access to the content.

#### Step 5. Promote your course to paying students/clients

You have something great to teach! Talk about your event with everyone and share with them how mindfulness can help adults, parents, teachers, caregivers and children.

Start with your existing group of friends, your network or client base as they know and trust you. Remember to include what their children might get out of attending your course.

#### Ways to promote your event:

- Facebook posts/ads – for this you need a Facebook page.
- [Create a Facebook event](#) and ask Ovio to co-host it, for your event to appear on Ovio's Facebook page. (outlined for you in the members area)
- Instagram – for this you need an Instagram account
- Email list. Do you have an existing list of clients you can email? If you do, this is a great way to get started otherwise you may want to collaborate with friends who are in a similar field to you for access to their email list in exchange for something of value to them. (Get creative)
- Print and fill in the flyers found in the OM network member's area; share on community noticeboards, letterbox drops, advertise at local schools and leave a few flyers in your local cafes, health centres and hairdressers.

**Where are your ideal clients hanging out?** It's a great idea to approach aligned local businesses and communities to collaborate, such as local schools, health centres, health food stores or retreat centres.

This is a great way to increase your audience, access like minded communities and make your offering more attractive!

## Step 6. Once you are ready to run a course

- Order Ovio Kids cards (allow 2 weeks)
- Email Ovio for your unique OM Network member promo code which allows free access to every course participant to gain free access to the Ovio Mindful kids courses area (*value \$125 - 1 access per journal ordered*)

## Step 7. On the Day!

- Welcome everyone at the door and make them feel welcome.
- The best way to coach kids to be mindful is by giving them the opportunity to practise and enjoy the Ovio Mindful kids exercises in a mindful environment. The more they practise the exercises the more habitual mindfulness will become for them. This will enhance their lives now as well as giving them ongoing life skills.
- See **Class format guide** to help you design your own mindful kids sessions.
- Remember who it turns up should be there whatever happens should happen ☺
- Enjoy!

## Lastly - Course follow up

- Send a follow up email after each Session
- Include a Feedback form
- Offer ongoing support by giving [free access to Ovio kids Online](#) to further optimise the participants learning experience.

If you have any questions, chances are you're not the first!

The [Mindfulness Professionals Facebook Page](#) is a great place to ask questions and reach out for support from the network and the Ovio team.



## Class format guide.

### Ovio Mindful kids- for kids

#### First session.

Welcome everyone and make them feel comfortable and safe.

Share a little about yourself and explain a little about mindfulness.

*Does anyone know what mindfulness is?*

*Mindfulness means noticing what is happening right Now.*

*It can help you in many ways; it can help you be calmer, more focused, more friendly and make you feel better about being you.*

*The mind is like a muscle. Does anyone know what that means?*

*It means we must use exercises to make our minds stronger!*

*In these classes we will learn to do lots of fun exercises to make us more mindful.*

*When we keep doing these exercises again and again, it is just like going to the gym, our minds become stronger!*

#### Coach the exercises.

Attention exercise: Mind gym card.

Balance card. Sensory calm. (or choose your favourite)

In the first session it is good to do some brainstorming to create a few guidelines for the group.(This is to be used in place of a connection exercise only for the first session.)

*Let's set some guidelines about how we treat each other while we are together in this group.*

Steer the conversation by asking questions like

*How do you like to be treated?*

*How do you think we should treat others?*

*How do you like to be listened to?*

*How should we listen to others?*

*What happens in the class stays in the class. (respect) esp. appropriate for older kids.*

*No right or wrong answers, just good to get the kids to be mindful of their behavior in the session and agree on some guidelines.*

### **Class conclusion.**

*Thank you very much for joining me for a wonderful mindfulness class!*

*Next class I will be very interested to hear about how you used these activities during the week.*

*Have a great week!*

### **Ongoing sessions.**

#### **Welcome.**

*Does anyone remember any of the exercises we did last week?*

*Which one was your favourite?*

*Has anyone used any of the exercises yet?*

*Does anyone have a mindful moment to share (ie a time during the week they used mindfulness) Coach to share a mindful moment.*

*Choose 1 or 2 cards from each category- you may want to choose prior to the class, based on the kids sharing, or allow a child to choose each week)*

#### **Coach exercises**

Attention exercise (must do mind gym)

Balance exercise (must do sensory calm and R.A.I.N)

Connection exercise (must do traffic light )

Story card (must do once each story then optional to re visit)

#### **Class conclusion.**

*Thank you very much for joining me for a wonderful mindfulness class!*

*Next class I will be very interested to hear about how you used these activities during the week.*

*Have a great week!*

### **Class format guide**

#### **Ovio Mindful kids - for adults (Parents, teachers, caregivers etc)**

##### **Step one**

It is important that anyone coaching or sharing mindfulness with children has done the Ovio Mindfulness one course if not please first facilitate Mindfulness One (our adults course you learnt to facilitate in the deep dive teach mindfulness accreditation training)

Ensure adults have access to Ovio online.

### **Step two**

Run the parents through the Mindful kids course using the powerpoint.

Ensure adults have a set of Ovio Mindful kids cards or access to a set of Ovio Mindful kids cards.

Offer them access to Ovio Mindful kids online course.

Teach the mindful exercises as per the mindful kids coach guide.

Ideally allow the adults time to practice the exercises in small groups coaching one another mindfully :)

This course is ideally run over 3 sessions.(Typically 1 hour each)

Session 1 -Attention

Session 2- Balance

Session 3- Connection and stories

Pricing

The pricing is up to you I suggest at least \$125 per person per course as the online course is \$125 per person.

## **Experiencing technical problems when signing up or logging into Ovio?**

**Step 1. Clear your cache - select your browser below for a how to guide:**

[Chrome](#)

[Safari](#)

[Internet Explorer](#)

### **Still having trouble?**

Email [info@ovio.co.nz](mailto:info@ovio.co.nz) with screen shots of the issue, as well as your username and password you signed up with so that we can troubleshoot.

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