**Application form for the**

**4-Week Mindfulness-Based Emotional and Social Intelligence course**

**With Mindful Academy International**

**Data Protection Policy:**

By completing this application form I confirm agreement with Mindful Academy International collecting, storing and using the personal data as intended and explained in this application form. For full details of our Privacy Policy please visit <http://mindfulacademyint.com/privacy-policy/>

1. **Venue information**:

This course is held on Zoom.

1. **Application information**:

Mindful Academy International requires payment by PayPal or Bank Transfer at the point of acceptance for the 4-week Mindfulness-Based Emotional and Social Intelligence Live Online Course.

Please visit our terms and conditions page before progressing with your application – [Mindful Academy International Terms and Conditions of booking](http://mindfulacademyint.com/terms-and-conditions/)

If you are in agreement with the terms and conditions, please complete the registration form below as fully and accurately as possible. All information is used for assessment of course suitability only and is *never* passed on, shared or disclosed to any third party.

By providing the below information and submitting the registration you agree for the Mindful Academy International to store your information on their secure system and share it with the necessary team members to both administer and deliver the required course.

1. **Terms & Conditions**

We *never* share your information however we very occasionally send news updates and information to people about our forthcoming courses and events. Please tick here if you would like to be added to the list 

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 cancelled by us, we will refund any fees paid to us by participants. Our liability is limited to refunding only our event fees.

I confirm by ticking this box I have read the [course description](http://mindfulacademyint.com/8-week-mbsr-course/) and relevant information, and understood and agree to the [terms and conditions](http://mindfulacademyint.com/terms-and-conditions/) of Mindful Academy International: 

1. **About you**

Title:

First name:

Surname:

Address:

Telephone:

Email:

Please confirm that you are over 21:

Where did you find out about this course?

**Your physical health**

* Do you have any current medical conditions? If so, please give details so that we can review if this course can support you:
* Do you have any physical illness or other limitation that may make hearing, sitting, standing, walking or doing simple movement difficult for you?

**Very Important - If you have significant physical health problems, please tell your Doctor that you**

**are considering taking this course.**

**Your mental health**

* Have you had any mental health issues or concerns within the last few years, such as anxiety or depression?
* Are you currently receiving treatment for 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 considering taking the course.**

**Alcohol and other substance abuse**

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

**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?

**Other**:

* For the 1-1 option, please indicate if you have a preference which day of the week:
* 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**:

* It is important for you to be able to find a quiet private place, free of distractions for each session, 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-Based Emotional and Social Intelligence, and make the most of our time together.
* To take part in the Zoom course and to ensure the best possible experience for all participants the course relies on video conferencing which has minimum requirements 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)