

Mind  Detox

A C A D E M Y

Curing the Cause | Since 2008

# Mind Calm Coach

Become a Meditation Coach to Help Yourself  
and Others to Find Peace.



online course

up to

12

months

£1495

+ vat

FHT

accredited  
qualification



## A MESSAGE FROM SANDY

Millions of people are struggling with their mental health, are controlled by their emotions, and are dealing with their difficult life circumstances. In short, many are craving calm and are waiting to learn a modern-day meditation technique like Mind Calm... from you!

When I discovered that inner peace was possible - not by always having to fix or change my mind, but by gaining a healthier relationship with my mind, it became my purpose to help others to find peace in this revolutionary way, too.

At the heart of Mind Calm's philosophy and techniques is the invitation to cultivate inner peace and presence through being consciously aware.


By being consciously aware in daily life, you have the opportunity to help yourself and others to awaken from confusion to clarity, worry to wellness, conflict to connection, and stress to serenity. It's a wonderful gift to give yourself and others, and a priceless skill you will use for the rest of your life!

*Sandy*



## WHY TAKE THIS COURSE

- ★ Access inner peace, clarity, confidence, contentment and consciousness in everyday life - and guide others to do the same, if you wish.
- ★ Learn the meditation practise and awareness-raising exercises for embodying calm by shifting from your mind/over-thinking to the moment/self-awareness.
- ★ Gain the spiritual wisdom and self-knowledge required to authentically share the Mind Calm principles and modern-day meditation technique with others.
- ★ Heal your relationship with your mind and emotions, discover inner stillness, and coach others from a living experience of conscious presence.



Be the calm you wish  
to see in the world.

## COURSE BENEFITS

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This course aims to empower you with the rare skill to be able to calm your mind and access inner peace anytime. Mind Calm cultivates positive states of being, including connection, clarity and presence, while also enabling you to relax deeper, sleep better, enhance your intuition and creativity, perform at your best, live with 'present moment awareness' and connect with 'real Self'.



Less Stress &  
Think Less



Calm &  
Contentment



Better Quality  
Sleep



Help Physical  
Healing



True Confidence  
& Self-Esteem



Self Love & Loving  
Relationships



Live In The  
Present Moment



Purpose & Perform  
At Your Best



## ABOUT MIND CALM

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Mind Calm is the revolutionary meditation technique that you've been looking for! It gives you 'peace with mind' and proves inner stillness is the secret to life success.

Perfect for people new to meditation and seasoned meditators wishing to deepen their experience of peace and stillness. Mind Calm includes no jargon, no rituals, no strict rules, no uncomfortable sitting positions, and can be used with eyes open and closed - making peace possible anytime, anywhere.

The 'CALM' part of the name stands for '**C**onscious **A**wareness **L**ife **M**editation'. You will discover that by being 'consciously aware' you naturally and immediately experience calm because instead of being engaged in the movement of the mind, you experience the stillness of self-awareness.



C . A . L . M .

CONSCIOUS      AWARENESS      LIFE      MEDITATION



## IS THIS COURSE FOR YOU?

This course is ideal for you if you are a coach, therapist, counsellor, mentor, yoga teacher, fitness trainer, nutritionist, healer or simply want to benefit personally and possibly teach meditation.

This Mind Calm Coach course is for:

- ★ Anyone looking for a healthier relationship with their mind and a consistent experience of peace.
- ★ Those interested in the mind, integrative health, emotional wellbeing or mindfulness.
- ★ Therapists, coaches and holistic health practitioners looking to expand their list of services.
- ★ Yoga teachers and fitness trainers wanting to offer meditation to individuals and groups.
- ★ Those looking to make a positive difference to others and an income doing meaningful work.

# COURSE OVERVIEW

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This Mind Calm Coach training covers everything you need to know in order to use Mind Calm Meditation for personal use and to share it with others, if you wish. You will learn the 'peace with' philosophy at the heart of Mind Calm - including how to have a healthier relationship with 'the mind' - along with the benefits of thinking less and how to experience inner calm and stillness. You will be able to teach meditation during one:one coaching sessions or to groups.

## PART ONE

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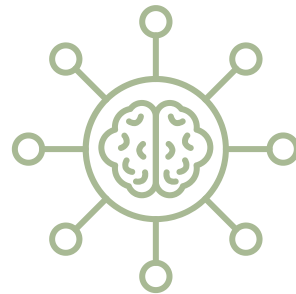


### the motivation

Why you want to meditate and how to maintain the motivation to meditate.

## PART TWO

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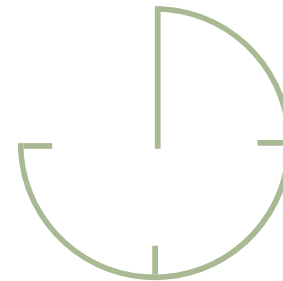


### the mind

Why we over-think and how to experience 'peace with' your mind and emotions.

## PART THREE

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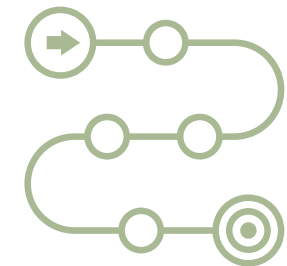


### the moment

How to shift from your mind to the moment and why the secret to success is stillness.

## PART FOUR

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### the methods

The meditation technique, optimal mindset and extra exercises for mind calm.



## INCLUDED

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This online 'home study' course consists of 25+ hours of training videos by Sandy Newbigging (creator of Mind Calm), a downloadable training manual, 12 monthly Supervision Session webinars with Sandy, access to our Co-Coaching Network to practise giving and receiving the module talks, and 12 months access to the Calm Clan.

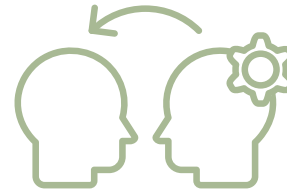
To graduate as a Mind Calm Coach you will have 3 meetings with your course mentor/assessor, do co-coaching sessions with other students, complete an online exam and submit case studies. We will assess your submissions, provide feedback, and send you an electronic and paper copy of your Mind Calm Coach certificate.



Training Videos



Coach Manual



1:1 Mentoring



Live Supervision



Co-Coaching  
Network



Calm Clan  
Membership



Business &  
Marketing Guidance



Submissions &  
Certificate



## HOW YOU CAN USE WHAT YOU LEARN

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This course provides rare and valuable knowledge and skills to benefit personally from meditation, and enable you to stand out from the crowd in your chosen field.

Some examples of how you can use what you learn:

- ★ As a therapist, you will be able to help others to both heal their mind AND heal their relationship with their mind. In short, some issues need therapy, while others need your client to have a healthier relationship with their mind and emotions.
- ★ As a body worker, you can combine massage, for example, with meditation coaching so that your client can experience less stress and maintain greater relaxation and wellbeing..
- ★ As a coach, you will be able to teach your clients how to be present and 'master their mind' - so they can use their mind as a powerful tool when creating the life they want.

## PRAISE FOR MIND CALM

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Mind Calm has given me a real sense of serenity. I can catch myself when I'm getting caught up in my mind, which allows me to come back to the present moment. Overall, Mind Calm has given me a better experience of life and I don't know anyone that doesn't want that.

- J. GRAHAM

I love Mind Calm because I have found so much joy, peace and presence in my daily life, and it's just getting better and better.

- S. BUTTIMER

Since learning Mind Calm, I can access my inner peace at any moment I choose. I don't have to be sitting in my meditation practice to do it, but I can be calm at any moment when going about my everyday life.

- J. BRYANT

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## WHY TRAIN WITH US

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Mind Detox Academy offers award-winning accredited courses in the unique mind, body and life healing methods created by therapeutic coach, meditation teacher and bestselling author Sandy C. Newbigging.

The bestselling book 'Mind Calm' is published by Hay House in multiple languages.

This Mind Calm Coach certification is a qualification accredited by the Federation of Holistic Therapists (FHT) and Sandy recently won the FHT Tutor of the Year award.





**Calm Clan**

Wisdom Made Mobile | Since 2016

## BONUS! Calm Clan Membership

As an academy student you get access to the resources and webinars available within the Calm Clan - for your course duration.

- ★ Live Webinars Every Month with Sandy & Guests
- ★ Live Interviews with Guest Experts (and Archive Library)
- ★ Toolkit Library for Cultivating Present Moment Awareness
- ★ Library of Guided Meditations for Mind, Body and Soul

Calm Clan membership gives you additional opportunities to learn more and deepen your living experience of everything taught during this life-changing Mind Calm Coach training course.



## PRAISE FOR MIND CALM

"Ancient wisdom, translated into modern, practical  
tools for inner calm.  
Mind Calm can change your life."

**PSYCHOLOGIES**  
MAGAZINE



Picture: Sandy Guiding a Mind Calm Meditation Sitting.



A close-up photograph of a green leaf with a single water droplet on its surface. The droplet is perfectly spherical and contains a clear, detailed image of the Earth from space, showing continents and oceans. The leaf's veins are visible, creating a complex pattern of lines across the frame. The overall color palette is various shades of green, from deep forest green to bright, almost white highlights on the leaf's surface.

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[www.minddetoxacademy.com](http://www.minddetoxacademy.com)