

# Application for the Wise Aging Introductory Training Program

You are applying to attend one of the two Wise Aging trainings being offered in 2019.  
Please check one; I am applying to attend the training in:

**Washington, D.C.**

*March 31, 4:30 - 8:30 pm; April 1, 9:30 am - 6:00 pm; April 2, 9:30 am – 4:30 pm*

**Portland, Oregon**

*June 2, 4:30 - 8:30 pm; June 3, 9:30 am - 6:00 pm; June 4, 9:30 am – 4:30 pm*

## Part I Important Application Information

### Introductory Wise Aging Facilitator Training Application

*Please take the time to read and consider the content below before filling out this application. It has important information with regard to a) the time and energy necessary to be a successful Wise Aging facilitator and b) the community support needed to help build a successful program.*

### Making A Commitment To Become A Wise Aging Facilitator

The process of becoming a facilitator takes 6-9 months. Planning for and leading a Wise Aging group is a satisfying and enriching experience and also requires a significant time commitment. Please consider carefully your own personal energy and availability before applying.

There are four steps to the Introductory Wise Aging Facilitator Training leading to a Certificate of Completion as a Wise Aging Facilitator:

Step One: Attend an in-person training that includes one or more virtual meetings to take place before this training.

Step Two: Participate in an 8-10 session virtual or in-person Peer Practice Group over a period of months following your in-person training. In this group you will get to practice facilitating and get feedback, discuss questions, and share information. A Wise Aging trainer will supervise this group.

Step Three: Participate in one to two post-training online meetings/webinars before the end of 2019.

Step Four: Attend the Fundamentals of Jewish Mindfulness Online Self-Study Course which will become available in the Spring of 2019. Those training in Washington, D.C. will be given a coupon for this course and will be given access to it at no additional fee.

It is strongly recommended that individuals desiring to participate in the Introductory Wise Aging Training Program have:

- Experience with adult group facilitation;
- Familiarity with mindfulness practice and/or other contemplative practices;
- Comfort working with Jewish texts; and
- Intention to lead one or more groups in their synagogue or other community institution upon completion of the training.

Before you move forward with your individual application, it is highly recommended that you talk with your community's leadership to be sure there will be support for your work on Wise Aging once you receive your Certificate of Completion. Having others in your community who might do this training with you and anticipating how the program might unfold, including who might coordinate such efforts, will help build a strong foundation for this program in your community.

#### Application Timetable:

It is important that you complete your application as soon as possible for this training for the following reasons:

- a) Space in this training is limited and will be on a first come, first served basis;
- b) Each application will go through an approval process that can take up to 2 weeks;
- c) Once approved, you will receive registration information and other details concerning the training. There will be reading to do in advance and at least one online session to attend before the in-person training dates.

## **Part II The Application**

- *This application is for individuals who have not previously been trained as Wise Aging facilitators.*
- *If you are attending with others from your community, which we strongly encourage, please note that each individual must apply separately.*

#### General Information:

Your Name \*

Your Email Address \*

Your Phone Number \*

Name and email addresses of other members of your community who plan to join you at the retreat (if applicable)

Name, address and phone number of organization/institution you are representing (if applicable)

Your personal movement affiliation, if any

Narrative Questions:

1. What attracts you to facilitating a Wise Aging group? \*
2. What has been coming up for you in thinking about your own aging process? \*
3. How do you view the relationship between your own aging process and becoming a facilitator? \*
4. What kinds of teaching/facilitating experiences have you had with adult learners? Tell us a bit about the kinds of groups you've worked with, their focus, if you were working with a formal program or created the content yourself, if the groups were focused on learning goals or group process, etc. \*
5. Contemplative practices are an essential part of the Wise Aging program. Briefly describe your background and/or experience (personal and/or professional) with contemplative practices (such as mindfulness, meditation, yoga, tai chi, journaling, text study, listening, and others). \*
6. Briefly describe your background in Jewish learning. \*
7. What are your thoughts about your own time and energy with regards to the commitment outlined at the beginning of this application?
8. What are your thoughts about where and when you might plan to facilitate your first Wise Aging group? Please include any organizational affiliation that would be involved, how recruitment will likely be done, and any other plans you have for this. \*