

Appendix 2 - Mindfulness Practice Teaching Scale (Based on MBI-TAC) for use in observation and feedback (Lisa Graham)

Skills	Skills Elements	Are these skills demonstrated appropriately (tick one)					<u>The Good Points</u>
		1. Hardly at all	2. Some of the time	3. Half of the time	4. Most of the time	5. Nearly all of the time	
Relational skills	Acceptance, Warmth, Curiosity, Respect, Authenticity.						
Embodiment of mindfulness	Present, Calm, Alert, Responsive, Focussed.						
Guiding mindfulness practices	Precise language, Pacing and Key learning for particular practice/stage.						
Conveying course themes through interactive inquiry and didactic teaching	Layers of inquiry, Experiential focus, Links to key learning points						<u>Constructive Comment</u>