Crim Mindfulness Fellowship
Program in Flint, MI:

Overview:

Please apply to be one of only 16 diverse leaders in the greater Flint community invited to serve as a Mindful Fellow with the Crim Fitness Foundation. This fellowship program is made possible by generous support from the Search Inside Yourself Leadership Institute (SIYLI) and the Crim Fitness Foundation. SIYLI was originally developed by leading experts at Google. Search Inside Yourself teaches practical mindfulness, emotional intelligence and leadership tools to unlock your full potential at work and in life. The SIYLI team will provide the SIY Teacher Training Program for all eligible fellows to become certified to teach the SIY 2-day program with the Crim. The Crim Fitness Foundation team will provide additional local resources and on-going support during the fellowship.

Purpose:

The purpose of this fellowship program is to equip diverse Flint and Genesee County leaders with the knowledge, facilitation, confidence, and community needed to facilitate powerful, relevant, and inclusive learning opportunities hosted in Genesee County to support the cultivation of mindful awareness, courageous connection, and compassionate action in our community.

Role of Crim Mindful Fellows:

As a Crim Mindful Fellow, you will engage in six months of training and a year and a half of guided, collaborative practice with a cohort of fellows to be empowered to successfully facilitate a 2-day Search Inside Yourself (SIY) training program organized by the Crim.

Cost of the Program / Scholarship:

The SIY training program is valued at over $10,000. Crim Mindful Fellows will have the opportunity to participate at no cost, thanks to generous scholarship support from the Crim Fitness Foundation and the Search Inside Yourself Leadership Institute (SIYLI).
Expectations:

Fellows will be certified to share SIY in Flint and Genesee County only, in partnership with the Crim Fitness Foundation. The Crim will be responsible for scheduling and prioritizing all training requests. Fellows will also be expected to share SIY and champion mindful, compassionate leadership internally within their organization and sector. After the completion of the first two year period, the fellows will receive a stipend for all future trainings provided.

Time Commitment of Fellowship and Required Dates of Participation:

The fellowship will extend from June 2020 through December 2022. Participants must fully attend all sessions, complete and participate in all learning period assignments, and meet all requirements to successfully complete the training and be able to teach SIY with the Crim within Flint and Genesee County.

Compensation:

Support from each fellow's employer, if applicable, is required. In exchange, trainings can be delivered within the organization where the fellow works at a minimal cost. Fellows are required to teach two trainings a year in Flint and Genesee County for a period of two years. If this commitment is not met, fellows will be required to pay back a portion of the training costs (up to $1000). If the Crim invites fellows to co-deliver trainings more than twice a year or beyond this initial two year period, a stipend will be provided.

How Will Crim Mindful Fellows be Selected?

To make SIY accessible to diverse and inclusive groups across all sectors of education, health, civic, business and community, decisions will be made based on experience and embodiment of mindfulness to best support our ability to scale SIY within Flint and Genesee County.

Applications are due April 4, 2020, and applicants will be notified by Monday, May 10, 2020.
REQUIREMENTS TO APPLY:

‣ Applicants live and/or work in the greater Flint and Genesee County area

‣ Have support from their organization or place of employment (if applicable)

‣ Commit to co-facilitate the SIY Program at least twice a year for a period of two years with the Crim Fitness Foundation Mindfulness Initiative between January 2021 - December 2022.

‣ Have attended the full SIY course (next opportunity locally in Flint is March 11-12, 2020 or May 6-7, 2020)

DESIRED QUALITIES AND ATTRIBUTES OF CRIM MINDFUL FELLOWS:

‣ A mindfulness practice, and commitment to continuing and deepening this practice (i.e. mindful running, meditation, yoga, improv, music, etc.)

‣ Attended a minimum of a 1-day mindfulness retreat or willing to commit to doing so during the first year of this fellowship on Saturday, October 3, 2020

‣ Embodiment and integration of mindfulness and emotional intelligence in their daily life

‣ Experience teaching or facilitating large groups of 30+ people

‣ Experience in mindfulness, health, wellness, community development, or coaching, etc.

‣ Be a role model and champion for mindfulness and related well-being efforts

‣ A big heart and a passion to help others and share about the Crim and SIY
KEY DATES:

Fellows commit to attend and participate in ALL of the following:

- Crim Mindful Fellow Application Overview and Informational Session:
  Thursday, February 27 at 12pm or 4pm, Monday, March 9 at 12pm, 4pm or 5pm
  or Thursday, March 26 at 12pm, 4pm or 5pm

- Submit Application by April 4, 2020

- Applicants will be Notified by Monday, May 10, 2020

- Welcome Orientation on Saturday, June 20, 2020

- Devote 5 Hours per week of Study, Practice and Facilitation between May - Nov 2020

- Two Full Weeks of Training from 9am - 5pm
  - June 22-26, 2020
  - November 16-20, 2020

- 1-Day Mindfulness Retreat - Saturday, October 3, 2020

- Stay Engaged as a Co-Facilitators with the Crim Team Members to Deliver SIY Twice a Year for a Minimum of Two Years between January 2021 - December 2022

Background:

The Crim has been offering mindfulness programming in greater Flint since 2011. In 2016, they expanded offerings and partnerships to help mitigate the impact of lead and toxic stress in response to the Water Crisis. In 2019, 137 Flint and Genesee County community leaders came together for 2-day Search Inside Yourself training and public celebration of our city’s invitation to serve as a flagship, pilot city in a national Mindful Cities Initiative by the Foundation for a Mindful Society. In 2020, the Crim is partnering with SIYLI to launch this fellowship program to help respond to the growing waitlist of 3,018 community members hoping to participate in SIY.

Questions? Please reach out to Sarah Sullivan at ssullivan@crim.org