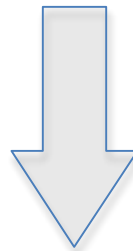


**Level 1:  
Introduction  
to the  
16 Guidelines**

**Building on the  
Basics (BoB):  
Level 1  
Follow-Up  
Course**

**Level 2:  
Applying the  
16 Guidelines  
for Life:  
Tools, Methods  
and Practice**

**16 Guidelines  
Accredited  
Facilitator  
Training in  
Level 1**



Level 1 Certification	Building on the Basics (BOB) or "Equivalent" Certification	Level 2 Certification	Level 3 Certification
<p>Full participation in Level 1 workshop with 12 instruction hours,</p> <p>Complete Level 1 online survey.</p>	<p>Full participation in 20 hours (12 hours group work + 8 hours self study).</p> <p>+ Participation in BoB small-scale community project + Help to organise the project report or video.</p> <p>If group participation not available, complete BoB as self-study + submit journal of experience and completed BoB course materials.</p>	<p>Minimum 6 months integration of 16G before participating in a Level 2.</p> <p>Full participation in Level 2 workshop with 12 instruction hours.</p> <p>Complete Level 2 online survey.</p>	<p>Minimum 6 months integration in between taking Level 2 and Level 3.</p> <p>Full participation in Level 3 training with 16 instruction hours and interview with Level 3 trainer.</p> <p>Fulfil recommendations from Level 3 trainer</p> <p>Attend a meditation retreat (Mindfulness, silent meditation, etc. minimum 5 days).</p> <p>Co-facilitate a Level 1 workshop.</p> <p>Be approved as an accredited Level 1 trainer by FDCW.</p> <p>Sign Accredited Facilitator's agreement &amp; Ethical Policy.</p>

Based on your commitment to aim:

- to embody the 16G in your daily life
- to cultivate a daily mindfulness practice
- to explore contemporary understandings of neuroscience, mindfulness, Buddhist and Western psychology
- to contribute to the 16G community

For more detail of the requirements for each of the three Levels please consult the full Training Pathway document dated 15.

Coordinating any 16G activities, including BoB, doesn't allow you to represent yourself as an FDCW 16G facilitator, until accredited to deliver Level 1.