Good Practice Guidelines

How to meet BAMBAs Professional Standards

January 2026

BAMBAs Professional Standards	**Meeting Professional Standards**	**Meeting Professional Standards** Innovative equivalence	**Renewal Applications (year two membership onward)** **Meeting Professional Standards** Alternative Options for members with Mitigating Circumstance
Daily Personal Practice	Registered teachers sustain a **core commitment** of daily formal practice as the grounding discipline from which their teaching emerges. This practice may be mindfulness-based, compassion-focused, insight-led or contemplative in nature. Further to this **core commitment**, we warmly welcome additional creative or community-rooted forms of practice such as embodied mindfulness-based movement or mindfulness-based reflective arts as meaningful ways of deepening personal insight and enriching professional teaching.		NA

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Annual engagement in extended periods of mindfulness practice | retreat attendance	Attend a minimum of 5 days retreat or extended periods of mindfulness practice space in a supportive setting. This can include face to face, online or hybrid retreat spaces that are led at a minimum of 50% silence and are mindfulness and / or compassion based	Attend a minimum of 5 days 'in person' retreat or extended periods of mindfulness practice space, in a supportive setting of your choice, based on your personal needs at the time.	Multiple shorter retreats that total the equivalent duration. For example, one day or multiples of single days that add up to five days in full. Structured online extended periods of practice. Facilitated intensive practice period with professional teacher guidance. Creating a formal home-based retreat space. Pre-recorded, guided retreat sessions / prolonged practice periods. *NB: A record of evidence may be requested at time of BAMBA membership renewal to include hours / time spent on retreat, location, teacher name, theme or approach, practices covered*.

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Mindfulness-Based Supervision & Mentoring | Reflective Teaching Support	Ongoing supervision with a BAMBA recognised supervisor meeting annual minimum frequency requirements Group supervision, peer supervision, supravision online or face to face. *Evidence via supervisors statement*.	Supervision with a supervisor not on BAMBA's supervisors register but with an experienced person who has a mindfulness | contemplative practice background and can support the teacher suitably with supervision and / or mentoring needs. Group supervision, peer supervision, supravision online or face to face. *Evidence via supervisors statement*.	Reflective practice circles and peer-led supervision equal to or exceeding BAMBA traditional supervision standards. *Evidence via supervisors statement*.

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BAMBAs Professional Standards	**Meeting Professional Standards**	**Meeting Professional Standards** Emerging Excellence & Innovative equivalence	**Renewal Applications (year two membership onward)** **Meeting Professional Standards** Alternative Options for members with Mitigating Circumstance
Ongoing Learning and Continued Professional Development (1)	CPD must be equal to or above 30 hours in each membership year and should include annual attendance to at least one face to face (online or in person) mindfulness-based workshop or masterclass in a live learning environment. *Self-directed study with reflective write-up which includes reading, listening to podcasts, watching video content must be kept to a maximum of 50% (15 hours) of overall BAMBA registration required CPD time. **Other CPD routes:** Learning that supports you to stay abreast of current affairs in the mindfulness field, research development and ongoing personal improvement All affiliate teacher training organisation events / CPD offerings BAMBA monthly events New mindfulness -based qualifications Mindfulness-based event attendance Mindfulness-based / peer-led CPD groups with structured learning outcomes *Self-directed study with reflective write-up which includes reading, listening to podcasts, watching video content. *Evidence list required at BAMBA membership renewal*		A reduced amount of CPD due to mitigating circumstances Community-led, creative, and self-generated learning An unequal spread of CPD across varying categories or from various sources due to mitigating circumstances *Evidence list required at BAMBA membership renewal*

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Ongoing Learning and Continued Professional Development (2)	Hold an accredited safeguarding qualification / training refresh completed within the last 3 years Employer led safeguarding training Equivalent from another professional body	Seeking support and moving towards an accredited safeguarding qualification within the next 12 months Demonstrate contemporary forms of evidence to include creative documentation, participant feedback, impact narratives, and reflective portfolios	Request to BAMBA for more time to be given to complete this qualification or training refresh.

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