

CSU Extension Living Mindfully Mastery Badge Program



This experiential online program will introduce you to fundamental mindfulness concepts, principles, and practices that can help you cultivate greater awareness, better manage stress, and tap into more joy, gratitude, and compassion. Created by medical anthropologist and certified integrative health coach Sue Schneider, the program combines ancient wisdom with current scientific research to help you incorporate mindfulness into your everyday life.

Throughout this program, you will learn a range of skills, including:

- How to increase awareness of your own habits and behaviors.
- Techniques for observing thoughts, emotions, and sensations.
- Tips for managing stress more effectively in a variety of situations.
- How to practice self-compassion and compassion for others.

Mastery Badge

LMBB 1000 – CSU Extension Living Mindfully | \$357

Quest Badges

LMBB 1010 – Quest Badge 1: Mindful Habits | \$162

Bundle includes:

- **LMBB 1011** – Creating Mindful Habits (Trek Badge \$60)
- **LMBB 1012** – Responding to Stress (Trek Badge \$60)
- **LMBB 1013** – Rewiring our Brains (Trek Badge \$60)

LMBB 1020 – Quest Badge 2: Emotional Resilience | \$108

Bundle includes:

- **LMBB 1021** – Emotional Resilience (Trek Badge \$60)
- **LMBB 1022** – Coping with Pain and Loss (Trek Badge \$60)

LMBB 1030 – Quest Badge 3: Authentic Connections | \$108

Bundle includes:

- **LMBB 1031** – Authentic Connection (Trek Badge \$60)
- **LMBB 1032** – Widening our Circles of Compassion (Trek Badge \$60)



Delivery

Online

Tuition

To earn the CSU Extension Living Mindfully Mastery Badge, you must complete all Quest and Trek Badges. Receive the best value by registering for the full program all at once.

Mastery Badge – \$357

Quest Badge 1 – \$162

Quest Badge 2 – \$108

Quest Badge 3 – \$108

Trek Badge – \$60

Time frame

Mastery Badge – 7-8 weeks

Quest Badge – 2-3 weeks

Trek Badge – 1 week

Badge expiration

Badges in this program expire after three years from the date earned to ensure up-to-date knowledge of practices in the industry.

More info

online.colostate.edu/badges/living-mindfully

Contact

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