

.....desire to learn.....

.....desire to learn

without evaluation.....

.....time & calm for work .....

.....focused perception.....

.....self-control.....

.....joy.....

...clear & precise communication...

.....respect for diversity .....

.....trust..... sharing.....

.....personal responsibility.....

....awareness of the patterns,

we operate in.....

....possibility of change..... [www.a-t-c.cz](http://www.a-t-c.cz) .....

**METHOD OF**

**INSTRUMENTAL**

**AWARENESS**

Method  
of Instrumental  
Awareness



(MIA) accelerates our thinking, increases learning efficiency, teaches us how to work with mistakes, brings joy and peace to our work, and has a motto:

Give me a moment, I am focusing...  
I am in the here and now.

**Where can MIA make a difference?**

Our approach is founded on a comprehensive, structured concept that has been validated through years of successful practical application in education, counselling, psychological practice, social services, and extracurricular work with both children and adults. MIA is integrated into regular lessons but is also used as an intervention tool, tailored to the needs of a wide range of clients.

**MIA to foster intrinsic motivation and growth**

Through MIA, students develop strategies for solving tasks, improve their verbal skills, strengthen self-confidence, overcome impulsiveness and fear of making mistakes, while naturally building intrinsic motivation to learn and respect for others.

**Thinking about Thinking**

Working with this method fosters reflection on our thinking, enabling changes to established patterns. It also strengthens the development of emotional and social skills through increased self-awareness.

**Is constant evaluation necessary?**

MIA's non-evaluative approach opens the possibility for change. When fear, restlessness, and stress begin to fade, a sense of calm emerges, allowing students to grow academically, socially, and personally.

**Foundations of MIA**

MIA is grounded in Feuerstein Instrumental Enrichment, as well as in epigenetics, quantum physics, and the work of Mary G. Arthur, André Rey, Josef Váňa, and Lev Vygotsky. These foundations were further expanded by Eva Váňová, who introduced the key principles of a non-evaluative approach and awareness of the patterns through which we function. In collaboration with Ondřej Věnek Vysopal, she co-authored the newly designed materials that form the methodological core of MIA.

## WE EDUCATE

### IN MIA

An introduction to the method, its core principles, and practical instruments (worksheets) is offered through our Introductory Seminars provided by the Accredited Training Center for Education and Development (ATC). In Slovakia, we organize courses in collaboration with our branch Myslenie pre život.

#### How to get started with MIA?

Introductory Seminars can serve as a recommended, though not mandatory, first step in the MIA training program. The entry-level course for future MIA instructors who plan to apply the method in their work with clients is the 80-hour MIA 1 course. For instructors working with younger children, or clients with more significant educational difficulties, the MIA Combined course may be another option as a starting point.

#### Becoming a MIA instructor

We provide ongoing support to our instructors throughout their entire training and the application of MIA in practice. Graduates of our introductory course can acquire further knowledge and inspiration for their work in follow-up MIA courses and inspirational seminars. We also offer supervision sessions, organize conferences, and other professional gatherings.

**MIA 1** (MIA Combined)



**MIA Elementary**

**MIA 2,3**

#### Who can become a MIA instructor?

Teachers, special educators, school psychologists, and other professionals from educational institutions, counselling centers, or social services. However, our courses are open to anyone interested in participating.

# The Accredited Training Center for Education & Development

supports education, personal growth, and the development of cognitive, emotional, and social skills through the **Method of Instrumental Awareness (MIA)**.

## Where to find us?



The ATC for Education and Development operates in the Czech Republic, Slovakia, and the Netherlands.

Explore our course offerings at: [www.a-t-c.cz](http://www.a-t-c.cz)  
All courses and seminars are fully in-person.

## Contact

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