

# OUR COURSES AND LESSONS



## FLAGSHIP COURSES



### RELATIONSHIP WELLBEING: YOUTH, ADULT, AND INTERGENERATIONAL

- Intro: Introduction to Relationship Wellbeing and Reflective Learning (Lesson 1)
- Week 1: Setting Smart Goals (Lesson 2)
- The ABC's of Behavioral Change (Lesson 3)
- Week 2: Reflecting and Looking Forward with Strength (Lesson 4)
- Fostering Your Strengths (Lesson 5)
- Week 3: Mindfulness (Lesson 6)
- Week 4: Perspective Taking (Lesson 7)
- Week 5: Ticker Tape (Lesson 8)
- Week 6: Growth Mindset (Lesson 9)
- Week 7: Empathy and Compassion (Lesson 10)
- Week 8: Basic Relationship Skills: Listening and Responding (Lesson 11)
- Week 9: Mind Reading (Lesson 12)
- Week 10: Assertiveness Training (Lesson 13)
- Week 11: Holistic Benefits of Nature (Lesson 14)
- Week 12: Wrap Up (Lesson 15)



## WELLBEING

### NAVIGATING ANXIETY

- Lesson 1: Introduction and Reflective Learning
- Lesson 2: Reflective Learning and ABCs
- Lesson 3: Anxiety and the Brain
- Lesson 4: Levels of Anxiety
- Lesson 5: Cognitive Distortions and Real-Time CBT
- Lesson 6: Mindfulness
- Lesson 7: Wrap-up



## WELLNESS

### CONSCIOUSLY CREATING WELLNESS

- Lesson 1: Introduction and Conscious Choices
- Lesson 2: Creating a Vision for Your Life
- Lesson 3: Nutrition and Hydration
- Lesson 4: Exercise and Sleep
- Lesson 5: Emotional and Spiritual Self-Care
- Lesson 6: Celebrating Life
- Lesson 7: Wrap-up



## RELATIONSHIPS: COMMUNICATION

### HEARING FOR HEALING

Introduction:

Lesson 1: Overview

Lesson 2: Planning Your Commitment

Part 1:

Lesson 3: Topic: Cognitive Distortions and Errors

Lesson 4: Weekly Exercise: Active Listening

Part 2:

Lesson 5: Topic: Sitting With Uncomfortable Emotions

Lesson 6: Weekly Exercise: Active, Reflective Listening

Part 3:

Lesson 7: Topic: Your Strengths are also Your Weaknesses

Lesson 8: Weekly Exercise: Empathic Listening

Part 4:

Lesson 9: Topic: What Others Want

Lesson 10: Weekly Exercise: Put Listening Together

Part 5:

Lesson 11: Topic: Suspending Judgment

Lesson 12: Weekly Exercise: Speaking Truth

Part 6:

Lesson 13: Transitioning from Listening to Responding

Lesson 14: Wrap-up

# OUR COURSES AND LESSONS

## BECOMING A PROFESSIONAL LISTENER

### Introduction:

Introduction to Listening

What is Listening?

### Week 1: Your Relationship with Listening

Days 1-6: Self Assessment and Reflection

### Week 2: Know Thyself

Introduction to Week 2

Day 1: Know Your Barriers

Day 2: Know your Strengths, Weaknesses, Opportunities and threats

Day 3: Think Before You Listen

Day 4: What's Your Intention?

Day 5: Learn From Your Mistakes

Day 6: Reflect on Week 2

### Week 3: Mindful Listening

Day 1: Be a Uni-Tasker

Day 2: Making Time for Blank Spaces

Day 3: Be Present

Day 4: Look 'em in the Eyes

Day 5: Slow Down

Day 6: Week 3 Wrap-up

### Week 4: Learning to Shut Up and Listen

Introduction to Week 4

Day 1: The 80-20 Rule

Day 2: Keep the Other Talking

Day 3: Asking Questions

Day 4: Paraphrase Your Understanding

Day 5: Putting it Together

Day 6: Looking Back on Week 4

### Conclusion and Final Reflections

Looking Back on Your Month of Listening

Going Forward with Congratulations!

# OUR COURSES AND LESSONS

## **FORGIVENESS**

Introduction

Before you begin

Learning Strategies

Section 1: Forgiving in Context

Section 2: What is Forgiveness?

Section 3: Recalling the Hurt in Helpful Ways

Section 4: Empathy for the One Who Hurt You

Section 5: Giving an Altruistic Gift of Forgiveness

Section 6: Holding on to Forgiveness and Becoming a More Forgiving Person

Conclusion: Congratulations!

## **YES, YOU CAN TALK POLITICS: HOW TO HAVE CIVIL, RESPECTFUL CONVERSATIONS WITH JUST ABOUT ANYONE**

Section 1: Showing Up

Section 2: Talking

Section 3: Listening

Section 4: Conversations in Real Life

Section 5: When Conversations Go South

Conclusion: Preparing for Success



## WELLNESS: THRIVING

### 6 LAYERS TOWARDS INNER JOY

Introduction:

Lesson 1: Welcome

Lesson 2: About Your Instructor

The Six Layers

Lesson 3: Layer 1: Desires

Lesson 4: Layer 2: Limiting Beliefs

Lesson 5: Layer 3: Identities, Roles, and Ego

Lesson 6: Layer 4: Time–Remembering Self vs. Experiencing Self

Lesson 7: Layer 5: Brain Wiring

Lesson 8: Layer 6: Emotions and Mood

What's Next?

Lesson 9: A Celebration and Q & A

### HAPPINESS 101

Lesson 1: Introduction and Reflective Learning

Lesson 2: Positive Emotions and Mindfulness

Lesson 3: Pre-work: Engagement and Strengths

Lesson 4: Engagement and Strengths

Lesson 5: Basic Relationship Skills–Listening and Responding

Lesson 6: Meaning and Purpose

Lesson 7: Achievement

Lesson 8: Wrap Up

# OUR COURSES AND LESSONS

## EMBRACING CHANGE: TAPPING INTO YOUR ABILITY TO TRANSFORM

Introduction:

Lesson 1: Embracing Change

Lesson 2: Why Do You Resist Change?

Lesson 3: How to Tap

Session 1:

Lesson 4: All about Change

Session 2:

Lesson 5: Believing in Change

Session 3:

Lesson 6: Shifting Perspectives

Session 4:

Lesson 7: Letting Go

Session 5:

Lesson 8: Following Through

Session 6:

Lesson 9: Deep Patterns and Beliefs

Session 7:

Lesson 10: Putting Yourself First

Session 8:

Lesson 11: You Deserve to Change

Conclusion:

Lesson 12: Congratulations!

# OUR COURSES AND LESSONS

## SCIENCE OF MINDSETS: IMPLICATIONS FOR ATHLETES TO STRENGTHEN THEIR MENTAL GAME

Introduction: The Dynamic Relationship Between Our Mind and Body  
Mindsets Matter  
Forming Healthy Habits  
Harnessing the Power of Your Inner Voice  
Identifying Strengths  
Conclusion: Wrap-Up

## DISCOVER YOUR INNER WEALTH: THE S/HERO'S JOURNEY

Introduction to the S/Hero's Journey  
Departure Stage: Initiation and Leaving the Old World Behind  
The Middle Stage: Crossing the Threshold and Entering the Cave  
Return to the Old World: Putting it All Together  
Conclusion: Becoming Your Own S/Hero

## 6 STEPS TO MY SELF-ESTEEM

Introduction: Welcome and Learning Strategies  
Week 1: Self-Knowledge  
Week 2: Self-Concept  
Week 3: Self-Assessment  
Week 4: Self-Acceptance  
Week 5: Self-Respect  
Week 6: Self-Esteem  
Wrapping-Up: Final Messages

# OUR COURSES AND LESSONS



## DIVERSITY, EQUITY, INCLUSION

### RACE THROUGH STORYTELLING 1: DISCOVERING YOUR UNIQUE STORY

Story 1: What is Race

Lesson 1: What We Will Discover

Lesson 2: Why Stories

Story 2: All About Concepts: Race

Lesson 3: Concepts About Race

Story 3: All About Concepts: Status and Opportunity

Lesson 4: Status and Opportunity

Story 4: All About Concepts: White Privilege

Lesson 5: White Privilege

Story 5: You Are Key

Lesson 6: Understand Where You Are

Lesson 7: Getting into Action

Lesson 8: Dive Deeper: Resources

### RACE THROUGH STORYTELLING 2: DIVING INTO STORIES

Introduction: What is Race?

What We Will Discover (Lesson 1)

Week 1: Storytelling:

Storytelling to Understand Race and Racism (Lesson 2)

A Single Source (Lesson 3)

Week 2: Storytelling:

The Stories We Tell (Lesson 4)

Week 3: The Four Story Types

#1: Stock Stories (Lesson 5)

Week 4: The Four Story Types

#2: Concealed Stories (Lesson 6)

Week 5: The Four Story Types

#3: Resistance Stories (Lesson 7)

Week 6: The Four Story Types

#4: Counter Stories and Wrap-up (Lesson 8)



# OUR COURSES AND LESSONS



## EARTH CARE

### REDUCING YOUR CARBON FOOTPRINT

- Lesson 1: Introduction
- Lesson 2: Energy and Outdoors
- Lesson 3: Food and Water
- Lesson 4: Transportation
- Lesson 5: The Stuff We Buy
- Lesson 6: What Now?

### IMPLEMENTING ZERO WASTE STRATEGIES

- Lesson 1: Introduction to Waste and Zero Waste
- Lesson 2: The Zero Waste Hierarchy
- Lesson 3: Zero Waste: Recycle and Rot
- Lesson 4: Zero Waste: Water and Energy
- Lesson 5: Wrap-up