

# OUR COURSES AND LESSONS



Foundation for Family  
& Community Healing

## **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)

## **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

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## **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

## **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

## **FORGIVENESS**

Introduction: Before You Begin (Lesson 1)  
Learning Strategies (Lesson 2)  
Section 1: Forgiving in Context (Lesson 3)  
Section 2: What is Forgiveness? (Lesson 4)  
Section 3: Recalling Hurt in Helpful Ways (Lesson 5)  
Section 4: Empathy for the One Who Hurt You (Lesson 6)  
Section 5: Giving an Altruistic Gift of Forgiveness (Lesson 7)  
Section 6: Holding on to Forgiveness and Becoming a More Forgiving Person (Lesson 8)  
Conclusion: Wrap-up (Lesson 9)

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## **BEFRIENDING YOUR SHADOW**

- Lesson 1: Introduction: Roadmap to Inner Work
- Lesson 2: Shadow Red Flags and Tools
- Lesson 3: Schema
- Lesson 4: Managing Your Shadow Issues
- Lesson 5: Uncover The Gift
- Lesson 6: Conclusion: A Way Forward

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

- Lesson 1: Introduction to the S/Hero's Journey
- Lesson 2: Departure Stage: Initiation and Leaving the Old World Behind
- Lesson 3: The Middle Stage: Crossing the Threshold and Entering the Cave
- Lesson 4: Return to the Old World: Putting it All Together
- Lesson 5: Conclusion: Becoming Your Own S/Hero

## **REFLECTION BEFORE ACTION: RELATIONSHIP WELLBEING**

- Lesson 1: Introduction to RWB, Reflective Learning, and Setting Goals
- Lesson 2 1: Fostering Your Strengths
- Lesson 3: Mindfulness
- Lesson 4: Perspective Taking
- Lesson 5: Ticker Tape
- Lesson 6: Growth Mindset and Assertiveness Training
- Lesson 7: Empathy and Compassion
- Lesson 8 Basic Relationship Skills: Listening and Responding
- Lesson 9: Mind Reading
- Lesson 10: Moving Wellbeing into the World

# OUR COURSES AND LESSONS

## 6 LAYERS TOWARDS INNER JOY

### Introduction:

Welcome (Lesson 1)

About Your Instructor (Lesson 2)

### The Six Layers

Layer 1: Desires (Lesson 3)

Layer 2: Limiting Beliefs (Lesson 4)

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

Layer 4: Time-Remembering Self vs. Experiencing Self (Lesson 6)

Layer 5: Brain Wiring (Lesson 7)

Layer 6: Emotions and Mood (Lesson 8)

### What's Next?

A Celebration and Q & A (Lesson 9)

## EMBRACING CHANGE:

## TAPPING INTO YOUR ABILITY TO TRANSFORM

### Introduction:

Embracing Change (Lesson 1)

Why Do You Resist Change? (Lesson 2)

How to Tap (Lesson 3)

Session 1: All about Change (Lesson 4)

Session 2: Believing in Change (Lesson 5)

Session 3: Shifting Perspectives (Lesson 6)

Session 4: Letting Go (Lesson 7)

Session 5: Following Through (Lesson 8)

Session 6: Deep Patterns and Beliefs (Lesson 9)

Session 7: Putting Yourself First (Lesson 10)

Session 8: You Deserve to Change (Lesson 11)

Conclusion: Congratulations! (Lesson 12)

# OUR COURSES AND LESSONS

## BECOMING A PROFESSIONAL LISTENER

- Introduction
  - Introduction to Listening (Lesson 1)
  - What is Listening? (Lesson 2)
- Week 1: Your Relationship with Listening
  - Days 1-6: Self Assessment and Reflection (Lesson 3)
- Week 2: Know Thyself
  - Introduction to Week 2 (Lesson 4)
  - Day 1: Know Your Barriers (Lesson 5)
  - Day 2: Know Your Strengths, Weaknesses, Opportunities, and Threats (Lesson 6)
  - Day 3: Think Before You Listen (Lesson 7)
  - Day 4: What's Your Intention? (Lesson 8)
  - Day 5: Learn From Your Mistakes (Lesson 9)
  - Day 6: Reflect on Week 2 (Lesson 10)
- Week 3: Mindful Listening
  - Introduction to Week 3 (Lesson 11)
  - Day 1: Be a Uni-Tasker (Lesson 12)
  - Day 2: Making Time for Blank Spaces (Lesson 13)
  - Day 3: Be Present (Lesson 14)
  - Day 4: Look 'em in the Eyes! (Lesson 15)
  - Day 5: Slow Down (Lesson 16)
  - Day 6: Week 3 Wrap-Up (Lesson 17)
- Week 4: Learning to Shut Up and Listen
  - Introduction to Week 4 (Lesson 18)
  - Day 1: The 80-20 Rule (Lesson 19)
  - Day 2: Keep the Other Talking (Lesson 20)
  - Day 3: Asking Questions (Lesson 21)
  - Day 4: Paraphrase Your Understanding (Lesson 22)
  - Day 5: Putting it Together (Lesson 23)
  - Day 6: Looking Back on Week 4 (Lesson 24)
- Conclusion and Final Reflections
  - Looking Back on Your Month of Listening (Lesson 25)
  - Going Forward with Congratulations! (Lesson 26)

# OUR COURSES AND LESSONS

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

Story 1: What is Race?

What We Will Discover (Lesson 1)

Why Stories (Lesson 2)

Story 2: All About Concepts: Race

Concepts About Race (Lesson 3)

Story 3: All About Concepts: Status and Opportunity

Status and Opportunity (Lesson 4)

Story 4: All About Concepts: White Privilege

White Privilege (Lesson 5)

Story 5: You Are Key

Understand Where You Are (Lesson 6)

Getting into Action (Lesson 7)

Dive Deeper: Resources (Lesson 8)

## **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

## HEARING FOR HEALING

Introduction: Overview (Lesson 1)

Planning Your Commitment (Lesson 2)

Part 1:

Topic: Cognitive Distortions and Errors (Lesson 3)

Weekly Exercise: Active Listening (Lesson 4)

Part 2:

Topic: Sitting With Uncomfortable Emotions (Lesson 5)

Weekly Exercise: Active, Reflective Listening (Lesson 6)

Part 3:

Topic: Your Strengths are also Your Weaknesses (Lesson 7)

Weekly Exercise: Empathic Listening (Lesson 8)

Part 4:

Topic: What Others Want (Lesson 9)

Weekly Exercise: Put Listening Together (Lesson 10)

Part 5:

Topic: Suspending Judgment (Lesson 11)

Weekly Exercise: Speaking Truth (Lesson 12)

Part 6:

Transitioning from Listening to Responding (Lesson 13)

Wrap-up (Lesson 14)

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

Introduction: Yes, You CAN Talk Politics (Lesson 1)

Section 1: Showing Up (Lesson 2)

Section 2: Talking (Lesson 3)

Section 3: Listening (Lesson 4)

Section 4: Conversations in Real Life (Lesson 5)

Section 5: When Conversations Go South (Lesson 6)

Conclusion: Preparing for Success (Lesson 7)

# OUR COURSES AND LESSONS

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

Introduction: The Dynamic Relationship Between Our Mind and Body (Lesson 1)

Mindsets: Mindsets Matter (Lesson 2)

Habits: Forming Healthy Habits (Lesson 3)

Inner Voice: Harnessing the Power of Your Inner Voice (Lesson 4)

Strengths: Identifying Strengths (Lesson 5)

Conclusion: Wrap-Up (Lesson 6)

## **6 STEPS TO MY SELF-ESTEEM**

Introduction: Welcome and Learning Strategies (Lesson 1)

Week 1: Self-Knowledge (Lesson 2)

Week 2: Self-Concept (Lesson 3)

Week 3: Self-Assessment (Lesson 4)

Week 4: Self-Acceptance (Lesson 5)

Week 5: Self-Respect (Lesson 6)

Week 6: Self-Esteem (Lesson 7)

Wrapping-Up: Final Messages (Lesson 8)

## **INTRODUCTION TO MINDFULNESS: SIMPLE, EVERYDAY PRACTICES FOR EVERYONE**

Lesson 1: Introduction: Welcome to Mindfulness

Lesson 2: Defining "Mindfulness"

Lesson 3: Practicing Mindfulness

Lesson 4: Your Daily Practice

Lesson 5: Conclusion: Where We Go From Here



# OUR COURSES AND LESSONS

## **NURTURE NATURE, YOURSELF, AND YOUR RELATIONSHIPS**

Introduction to Nurture Nature (Lesson 1)

Guide 1: Compassionate Communication (Lesson 2)

Guide 2: Compassion, Empathy, and Other Prosocial Behaviors (Lesson 3)

Guide 3: Awe and Wonder (Lesson 4)

Guide 4: Understanding Evil, Bad, Harm (Lesson 5)

Guide 5: Birding to Nurture Life (Lesson 6)

Guide 6: Nature Poetry for Life (Lesson 7)

Guide 7: Spiritual Animals (Lesson 8)

Guide 8: Freedom and Liberation (Lesson 9)

Conclusion: A Look Back and a Way Forward (Lesson 10)

## **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