

# OUR MODULES AND LESSONS



## FLAGSHIP MODULES



### 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

# OUR MODULES AND LESSONS



## 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



## **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



## 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 MODULES 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