



The Curriculum Lab

~ with Joanna Lindenbaum ~

Create signature coursework, exercises, and content that allow your programs, products and events (online or off!) to be as powerful as working with you!

Some Tips To Consider As You Create and Facilitate Your Programming

1. Always set the container and bring people into the container

- **Some ideas on How to start your program**
 - Grounding
 - Singing
 - Poem
 - Archetype Evocation
 - Welcome People!!!!
- **Set Expectations**
 - Be clear on expectations and protocols/best practices
 - Consider contracts for longer programs
- **Create Sacred Empowerment in the Container**

Here is one example of how I sometimes do this:

"I believe strongly that a diversity of voices and perspectives is what makes us stronger. It makes us stronger as humans and practitioners because it helps us practice checking our own stories and filters. It helps us practice seeing the work through other people's eyes and experience. It enhances our ideas and adds layers. It makes everything richer.

So, all that being said, I want to acknowledge that I am a white, straight, cis-gendered able bodied, somewhat neurotypical woman who has come from a somewhat stable family of origin. I also come from a Jewish background which in my case carries a lot of trauma. And so the way I see the world is only one way. And while I do talk a lot and have a lot to say and teach, I am thrilled that this space we are creating is comprised of different races, different gender identities,

different backgrounds and neurodiversity. I want this to be a space where many experiences and many perspectives are heard. As I said, your voice, your wisdom, your perspective is very welcome and wanted here.

Also, because I am white, straight, cisgendered and able-bodied, I need to consistently locate myself in our conversations as a person that has a lot of proximity to power and privilege. And my commitment to you is that I check that as much as I can. And my request to you when you share in the group – voice to voice or through the chat – is that if you have a privilege, you check that as much as you can too. Think about how what you are saying will land on hearts that have had a different experience than you have. So that we keep the space as safe & nurturing as we can for everyone. We are all here, in this together, learning together how to be better to ourselves and everyone around us.

As we journey through our important work together over these months, I'm going to be asking you to hold a lot of nuance and complexity with me. I might share things that you completely disagree with. And there is space here for that. There's no expectation that you agree with anything that I say. This is a space for you to get curious about your truth."

2. No matter what the size of the group, create a feeling of connection & interaction

- The power of a group program is....the group: shared experiences, normalization of struggle, being seen and heard and celebrated, shared ideas
- Things that help create connection, community and interaction:
 - Really think through how you're using shares (& these days there are also zoom chat shares)
 - Think through how you're using "crowdsourcing" ideas
 - Think through how you're using "hand raising" (normalization, shared experience, #chat)
 - Think through how you're coaching 1:1 within the group, and then what is happening after that 1:1 (reflections and what are you learning for yourself)
 - See Resource Sheet on Breakout Rooms
 - YOUR Energetics: needing to be the center, needing to be the smartest, etc

3. Understand how different size groups work best

- 6 people and under: Group Coaching
- 6-24 people: Mastermind
- 24+ people: Traditional Group Program
- Home Study

4. Consider the Different Teaching Modes

- Teaching Mode 1: Presentation Mode
- Teaching Mode 2: Solo Work Mode
- Teaching Mode 3: Partner & Small Group Sharing & Processing Mode
- Teaching Mode 4: Full Group Sharing and Processing Mode
- Teaching Mode 5: Full Group Ceremony and Experiential Mode

5. Know the difference between learning vs implementation

Implementation Mechanisms:

- Homework with Action Steps
- Get it Done Sessions
- Q/A calls
- Practicums
- Practice Partners
- Accountability Buddies

6. Consider Using Learning Aids

- Resource Sheets
- Transcripts
- Slides