

# SIYLI Teacher Training

## In-person Sessions - Sample Agendas



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Note: There are breaks every morning and afternoon, not included in the sample agendas. This is not the final agenda, activities and timing may change.

### Session 1

DAY 1			
7.00	8.30	1hr 30	Registration & Breakfast
8.30	10.30	2hrs	Opening. Purpose & Context. Introductions. Coming together.
10.30	12.30	2hrs	Deepening Practice: The Seven Principles of Teaching SIY
12.30	1.45	1hr 15	Lunch in Pods
1.45	2.15	30	Understanding SIY: Program arc, roadmap and learning style
2.15	5.15	3hrs	Understanding SIY: Mindfulness Exploration
5.15	5.30	15	Closing
DAY 2			
7.15	8.00	45	Morning Activity: Mindful Walk (Optional)
7.30	8.30	1hr	Breakfast
8.30	9.00	30	Start the Day
9.00	12.30	3hr 30	Understanding SIY: Self-Awareness & Self-Management Exploration
12.30	1.45	1hr 15	Lunch
1.45	5.15	3hr 30	Understanding SIY: Motivation & Empathy Exploration
5.15	5.30	15	Closing
5.30	8.30	3hrs	Social Activity
DAY 3			
7.15	8.00	45	Morning Activity: Qi Gong (Optional)

7.30	8.30	1hr	Breakfast
8.30	9.00	30	Start the Day
9.00	12.30	3hr 30	Understanding SIY: Leadership & Compassion Exploration
12.30	1.45	1hr 15	Lunch
1.45	3.45	2hrs	SIY Teaching Skills: Setting up Exercises & Answering Questions
3.45	5.15	1hr 30	SIY Teaching Skills: The Role of Science and Storytelling
5.15	5.30	30	Closing
<b>DAY 4</b>			
7.15	8.00	45	Morning Activity: Sitting (Optional)
7.30	8.30	1hr	Breakfast
8.30	9.00	30	Start the Day
9.00	12.30	3hrs 30	Practice Teaching SIY
12.30	1.45	1hr 15	Lunch
1.45	5.15	3hr 30	SIY Teaching Skills: How to Lead Meditations
5.15	5.30	30	Closing
<b>DAY 5</b>			
7.30	8.30	1hr	Breakfast
8.30	9.00	30	Start the Day
9.00	10.30	1hr 30	Championing Mindfulness within Organizations
10.30	12.30	2hrs	Pod Activity: Wisdom Circles
12.30	1.30	1hr	Lunch
1.30	3.00	1hr 30	Pod Activity: Prepare for Fieldwork
3.00	3.30	30	Closing

## **Session 2**

<b>DAY 1</b>			
8.30	12.30	4hrs	Opening Module. - Welcome. Context Setting. Coming together. - Integration of work done so far - SIY teaching skills refresh
12.30	2.00	1hr 30	Lunch
2.00	5.30	3hrs 30	Practice Teaching & Feedback (Session 1)
<b>DAY 2</b>			
8.30	9.00	30	Start the Day
9.00	12.30	3hrs 30	Practice Teaching & Feedback (Session 2)
12.30	2.00	1hr 30	Lunch
2.00	5.30	3hrs 30	Practice Teaching & Feedback (Session 3)
<b>DAY 3</b>			
8.30	9.00	30	Start the Day
9.00	12.30	3hrs 30	Practice Teaching & Feedback (Session 4)
12.30	2.00	1hr 30	Lunch
2.00	5.30	3hrs 30	Closing Module - Integration - How to bring this work into the world - Preparing for Practice Teaching & Monitoring Module - Closing