

Life Changing Courses

BUILD & LEAD SOUGHT AFTER PROGRAMS THAT CREATE GLOWING FANS

Program Components Resource Sheet

Content Sessions: These are generally where you will be sharing your thought leadership/content + creating experiences & exercises for your participants to process, learn, and transform from the content.

Content Sessions can be online, in person, and of any length

Q/A Sessions: These are sessions that are devoted to participants being able to ask questions, get coached, and have their work looked at.

I always like to start Q/A sessions with a short journaling, exercise, or piece of teaching to get people activated, focused, and even to generate questions.

Integration Sessions: Similar to Q/A sessions, these are sessions devoted to participants being able to go deeper with what they've learned and integrate more deeply.

I lead these sessions by asking questions like: What's been resonating for you? What have you been learning? What are some things that have come up as you've been practicing the techniques? Etc.

Workshopping Sessions: In a workshopping session, you might look at examples of work from people in the group and give feedback.

We did this in LCC 2 weeks ago when we looked at some people's steps. I sometimes do this by having people submit curriculum beforehand or marketing copy, and we go through it as a group. Everyone learns from the examples.

Get It Done Sessions: These are useful sessions if part of the results in your course is to get things done on an outer level: writing, artmaking, organizing drawers, planning, completing tax forms, etc.

Practicum or Practice Sessions: You'd include these types of sessions to help your participants practice something they are learning.

For example: in Sacred Depths & Advanced, we include Practica, which is generally where I will do a coaching demo, or someone in the course will coach in front of everyone, and then as a group, we break down all the skills that were used and why.

In Sacred Depths & Advanced, we also include Practice Sessions, where people have the opportunity to go into breakout rooms with an assigned partner and practice the transformation techniques they are learning.

Practice Sessions could be used for a wide array of topics: Applying makeup step by step, Practicing setting boundaries, Meditation Practice, Authentic Movement Practice, etc.

Discussion Sessions: This session is valuable if you have a bigger group, and it would be helpful for your participants to have deeper discussions on the content they learn where everyone gets multiple shares.

We do this in Sacred Depths as an optional opportunity every two weeks where people come and get put into small group breakouts and have the opportunity to work on case studies together.

Other Components:

Practice or Accountability Partners

Online Community Group

Supplemental Videos

Community/Networking Sessions

1:1 Sessions

Get Creative!

Photoshoots

Special Rituals

Welcome Sessions