Empowering Self-Regulation: Learning to be Powerfully You

Thursdays | January 26-February 16, 2023
6:30 PM-9:30 PM Eastern Time

Homework prior to week 1: (30 minutes)
  o ERSQ
  o Pre course reflection questions

Week 1 (6:30-9:30 pm EST with a 10-minute break at 8pm EST):
  • Intro the curriculum
  • Felt Safety
  • Body Sensing
  • Highlight body sensing lessons
  • Reflect on pre-course homework

Homework prior to week 2:
  o Body sensing practice (5 minutes per day; 35 minutes total that week)

Week 2 (6:30-9:30 pm EST with a 10-minute break at 8pm EST):
  • Discuss Body sensing homework
  • Activation/Arousal lecture
  • Identify how activation is taught in the curriculum
  • Introduce connection as a tool

Homework prior to week 3:
  o Notice activation using body sensing (5 minutes per day; 35 minutes total that week)

Week 3 (6:30-9:30 pm EST with a 10-minute break at 8pm EST):
  • Reflect on body sensing and activation homework
  • Body Battery
  • Highlight body battery lessons
  • Self-Compassion
  • Highlight self-compassion lesson and Powerful Thoughts

Homework prior to week 4:
  o Body Battery and self-compassion practice (30 minutes)

Week 4 (6:30-9:30 pm EST with a 10-minute break at 8pm EST):
  • Reflect on Body Battery and Self Compassion
  • Sensorimotor Tools
  • Awareness
  • Inquiry

TOTAL DIRECT SYNCHRONOUS TIME: 11 hours 20 minutes
TOTAL ASYNCHRONOUS TIME: 2 hours 10 minutes
TOTAL COURSE TIME: 13 hours 30 minutes