

### Lesson 3. LESSON PLAN: PLEASE MAKE CHANGES TO THE APPROPRIATE DATE AND TIME FOR YOUR SETTING.

<b>Course Title:</b> Lesson 3. Empowered by the Truth	
<b>Duration:</b> 60 mins	<b>Date:</b> TBC
<b>Time:</b> TBC	
<p><b>Health and Safety Considerations:</b>            Prior to training the SEJ Trainer/Facilitator/ Educator must ensure to familiarise themselves with the settings health and safety guidelines and procedures. Which should include but not limited to knowledge of fire procedures, exits, testing of fire alarms, toilet facilities, and first aid availability. These should be supplied by the setting prior to training and relevant information presented to the students before training begins.</p> <p>Students need to have enough space to ensure privacy with their written work, equally to be able to interact with other students easily.</p> <p><b>Equal Opportunity Issues:</b>  <b>(such as language differences)</b></p> <p>The SEJ is a popular BAME training event therefore prior to training the SEJ Trainer/Facilitator/ Educator must ensure to be aware of any equal opportunity issues to include language differences and catering for special educational needs.</p> <p>To ensure we can cater for the audience needs, we advise completing the SEJ Training Information Pack. This will enable your contact at the SEJ organisation to gain an understanding of your settings requirements and expectations.</p>	
<b>Aim of the course:</b>	
Students will learn: <ul style="list-style-type: none"> <li>• What Truth is.</li> <li>• How to live an extraordinary life.</li> <li>• A meditation technique.</li> </ul>	
<b>Obj. No.</b>	<b>Learner Objectives</b>
	<i>By the end of the session, participants will be able to:</i>
1	Understand how 'Truth' empowers them to reach their full potential
2	See the role 'Truth' plays in the SEJ Process
3	Meditate to access Truth


Time	Obj.No. / Content	Trainer Activity	Learner Activity	Resources	Assessment
2 mins	Welcome and Introduction, Housekeeping Introduce lesson aims and objectives	Introduce Trainer Discuss aims and objectives	Q&A Listening	PowerPoint Slide 1 Pre-recorded video 'SEJ Training – Lesson 3: Empowered by the Truth' video recording	Tutor observation, Q&A
13:40 mins	1. Presentation of the topic	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 4,5, 7-11 Pre-recorded video 'SEJ Training – Lesson 3: Empowered by the Truth' video recording.	Q&A
5:44 mins	1. Show Sadhguru 'Becoming Seekers of Truth National Youth Day'	Play video from YouTube	Listening Q&A	PowerPoint Slide 12 'Becoming Seekers of Truth National Youth Day'. <a href="https://youtu.be/lX-s0evYaLs">https://youtu.be/lX-s0evYaLs</a>	Q&A
4.47 min	1. Presentation of the topic	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 13 Pre-recorded video 'SEJ Training – Lesson 3: Empowered by the Truth' video recording.	

8:30 minutes	3 Exercise 1. Sitting in Silence Practice	Introduce and explain the exercise	Introduce and explain the exercise	PowerPoint Slide 14 Exercise sheet: Lesson 3 Exercise 1 Sitting in Silence Practice Handout Sitting in Silence Practice Tips’.	Completed exercises Q&A
3 mins	3 Exercise 1. Sitting in Silence Practice questions 1-6	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 14 Exercise sheet: Lesson 3 Exercise 1 Sitting in Silence Practice	Completed exercises Q&A
7:22 mins	1.Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 15,16 Pre-recorded video ‘SEJ Training – Lesson 3: Empowered by the Truth video recording	Q&A
4 mins	1,3 Exercise 2 Being Extraordinary	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 19 Exercise sheet : Lesson 3 Exercise 2. Being Extraordinary	Completed exercises Q&A Tutor observation
2:38 mins	1,2 Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 20,21 Pre-recorded video ‘SEJ Training – Lesson 3: Empowered by the Truth video recording	Tutor observation
5 mins	Plenary	Oral assessment plenary	Listening Participation and contribution Q&A	PowerPoint Slides 20	Tutor observation oral assessment with show of hands
