

Lesson Plan: Lesson 7. The SEJ Practice Lesson

This live interactive lesson gives the students the opportunity and space to practice the SEJ Worksheet with an SEJ Facilitator/Trainer. They will be able to support the students in applying the SEJ Process correctly based on the 6 lessons previously studied, and answer practice questions.

In this lesson we will cover the following:

1. Students to bring examples of their SEJ Worksheets to work through with SEJ Facilitator / Trainer.
2. Ask questions about the SEJ Process.
3. Obtain any practice corrections.

Learning Aims:

Students will learn:

- Proper and accurate use of the SEJ Worksheet.
- Common mistakes.
- Practice corrections.

Learning Objectives:

Students will be able to:

- Use the SEJ Worksheet correctly.
- Correct common mistakes.
- Understand where and how to obtain practice corrections.

Key Message for lesson 7

Living an empowered life:

“Self Empowerment is the realisation of the True Self beyond the mind. This realisation puts you in touch with a Self that is free of limitations, free of fearful thoughts and painful emotions, free to respond to life rather than react, free to reach your full potential. The Self Empowerment Journey – SEJ is a process that takes you to this realisation.”