

Lesson 4. LESSON PLAN: PLEASE MAKE CHANGES TO THE APPROPRIATE DATE AND TIME FOR YOUR SETTING.

Course Title: Lesson 4. Mechanics of your Being	
Duration: 60 mins	Date: TBC
Time: TBC	
<p>Health and Safety Considerations: 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>Equal Opportunity Issues: (such as language differences)</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>	
Aim of the course:	
<p>Students will learn:</p> <ul style="list-style-type: none"> • Why we experience mental, emotional, and physical breakdown. • The SEJ model the 'Mechanics of your Being' understanding how the mental, emotional, physical, and spiritual work together in bringing forth empowerment. • The range of emotions they can experience in any one day. 	
Obj. No.	Learner Objectives
	<i>By the end of the session, participants will be able to:</i>
1	Become aware of a range of emotions and their link to realising potential
2	Become more conscious to their mind (thoughts), bodily sensations, emotional reactions, and 'Truth'

3	Understand their own limiting thoughts and how these impact upon their behaviours.

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 4: The Mechanics of your Being video recording	Tutor observation, Q&A
4:26 mins	1. Presentation of the topic	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 3,4 Pre-recorded video 'SEJ Training – Lesson 4: The Mechanics of your Being video recording	Q&A
10 mins	1,2,3 Exercise 1 The Four Bodies	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 5 Exercise sheets: Lesson 4 Exercise 1. Four Bodies and Four Bodies Examples Handouts: 'Vibrational Emotional Scale', 'Physical Sensations Examples', 'Collective Beliefs Examples'	Completed exercises Q&A

15:05 mins	1.Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 6-11 Pre-recorded video 'SEJ Training – Lesson 4: The Mechanics of your Being video recording	Q&A
4 mins	1,2,3 Exercise 2 Hourly Emotion Monitoring	Introduce and explain the exercise	Listening Complete the exercise	PowerPoint Slide 12 Exercise sheet : Lesson 4 Exercise 2. Hourly Emotion Monitoring	Completed exercises Q&A Tutor observation
2:38 mins	1,2,3 Presentation of the topic.	Presentation	Listening Writing notes and contribution Q&A	PowerPoint Slides 13,14 Pre-recorded video 'SEJ Training – Lesson 4: The Mechanics of your Being video recording	Tutor observation
5 mins	Plenary	Oral assessment plenary	Listening Participation and contribution Q&A	PowerPoint Slides 13 Pre-recorded video 'SEJ Training - Lesson 4: The Mechanics of your Being video recording	Tutor observation oral assessment with show of hands