

SEJ Training Downloads Guide

This SEJ Training Downloads Guide provides a summary of all teaching materials, additional resources and handouts required for each lesson. You can access the downloads via your members area if your setting is a member of the SEJ, or via email if our services are provided through an agreed SEJ Training Plan.

If your setting is allowing access to training downloads through a course management system, prior to receipt of all downloads your setting must complete and sign the Course Management Agreement (CMA). Once we have received the signed CMA the training downloads will be issued.

If you are not a member and would like more information on this service, or require a CMA form please email enquiries@thesej.co.uk.

SEJ Training Downloads

Please read your SEJ Training Guide for instructions on how to use the following:

1. SEJ Training Video – to be played at each lesson.
2. Exercises – All exercises will need to be downloaded and printed out ready for use with each lesson.
3. Additional Resources – it is advisable to download the additional resources for your use/reference during the lessons. You can also print the documents for the students and/or put them onto the settings Course Management System.
4. Handouts – it is important that all handouts are given out to students and uploaded onto the settings Course Management System. The SEJ Mental Health and Awareness Certificate is NOT to be uploaded onto the Course Management System.

Lesson 1: 'An Introduction to the SEJ Process'.

Video

- SEJ Training – Lesson 1: 'An Introduction to the SEJ Process'

Exercises

- Lesson 1 Exercise 1 'Areas of Life Pie Chart'
- Lesson 1 Exercise 2 'Areas of Life Thoughts'

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.

Lesson 2: 'Breaking the Cycle of Suffering - Happiness is the Key to Life'

Video

- SEJ Training - Lesson 2: 'Breaking the Cycle of Suffering - Happiness is the Key to Life'

Exercises

- Lesson 2 Exercise 1 'My thoughts determine my choices'
- Lesson 2 Exercise 2 'Einstein's Quote'

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.
- Poster available: John Lennon Quote "When I was 5 years old..." for display in classroom

Lesson 3: 'Empowered by the Truth'

Video

- SEJ Training- Lesson 3: 'Empowered by the Truth'

Exercises

- Lesson 3 Exercise 1 'Sitting in Silence Practice'
- Lesson 3 Exercise 2. 'Being Extraordinary'
- Link for 'Becoming Seekers of Truth National Youth Day' - Sadhguru
<https://youtu.be/IX-s0evYaLs>

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.
- Additional Video 'Sitting in Silence Practice Instruction Video' can be accessed to support students in developing this skill. The video has an open ending (time 4:40 minutes), students can finish when they feel to, preferably continue for a further 11 minutes).
- A '[Sitting in Silence Practice Worksheet](#)' is available to support students / educators in a daily sitting in silence practice.
- Sitting in Silence Practice Tips.
- Sitting in Silence Practice Instructions.
- Gandhi Rap
 - a) Educator can pass on the link for 'The Gandhi Rap - be the change u want to see'" <https://youtu.be/1Qd-fAnHiPg>.
 - b) This Rap inspires students in achieving their full potential from Truth.
 - c) Gandhi was once ordinary but went on to achieve extraordinary things.
 - d) N.B. This is not a religious teaching, it's to inspire the audience to consider that whatever their beliefs/religion we are all 'one' when we access our Truth. It is inclusive in terms of the curriculum bringing together people from all diverse backgrounds.

Lesson 4: 'The Mechanics of your Being'

Video

- SEJ Training- Lesson 4: 'The Mechanics of your Being'

Exercises

- Lesson 4 Exercise 1. 'Exercise 2 'Four Bodies' and 'Four Bodies Examples'
- Lesson 4 Exercise 2. 'Hourly Emotion Monitoring'

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide
- Vibrational Emotional Scale
- Physical Sensations Examples
- Collective Beliefs Examples

Lesson 5: 'The SEJ Worksheet Part 1'

Video

- SEJ Training - Lesson 5: 'The SEJ Worksheet Part 1'

Exercises

- Lesson 5 Exercise 1 'The SEJ Worksheet Step 1 Template'
- 'The SEJ Worksheet Step 1 Example'
- Lesson 5 Exercise 2 'The SEJ Worksheet Step 2 Template'
- The SEJ Worksheet Step 2 Example

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.
- Additional Video 'Sitting in Silence Instruction Video' can be accessed to support students in developing this skill.

Lesson 6: 'The SEJ Worksheet Part 2'

Video

- SEJ Training - Lesson 6: 'The SEJ Worksheet Part 2'

Exercises

- Lesson 6 Exercise 1 The SEJ Worksheet Step 3 Template
- The SEJ Worksheet Step 3 Example
- Lesson 6 Exercise 2 The SEJ Worksheet Step 4 Template

- The SEJ Worksheet Step 4 Example
- The SEJ Worksheet Template – to be handed out to students at the end of the lesson in preparation for lesson 7 to attempt their own SEJ.

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.

Lesson 7: 'The SEJ Worksheet Part 1'

This lesson is a live event, if live online ensure a Teams (or another webinar provider) link has been set up prior to the event.

Videos

- Reference only: SEJ Training – Lesson 5: 'The SEJ Worksheet Part 1'
- Reference only: SEJ Training - Lesson 6: 'The SEJ Worksheet Part 2'

Exercises

- SEJ Worksheet Template 2 per student
- Lesson 5,6 - 7 The SEJ Worksheet Example – 'I can't do this'. Example Steps 1- 4 were handed out in lesson 6, this worksheet can be given out again if necessary.

Handouts

- ESSENTIAL FOR ALL STUDENTS WHO HAVE COMPLETED THE FULL COURSE ONLY

SEJ Mental Health & Wellbeing Awareness Certificate

1. SEJ Practice Workshop Information
2. Frequently Asked Questions
3. Do's and Don'ts
4. (4th handout specific to setting). The setting must put together an information leaflet called 'Ongoing Support Available'. This leaflet will include information on how to join SEJ Practice Workshops post training. The workshops can be offered through the setting, through the SEJ organisation or a combination of both. This will have been agreed as part of your bespoke training/membership plan. The 'Ongoing Support Available' leaflet can be handed out in conjunction with 'SEJ Practice Workshop Information' handout (if agreed by the setting).

Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.