# FACILITATOR GUIDE

## Program Overview:

Welcome to the Autonome program, a comprehensive Social Emotional Learning (SEL) curriculum designed to empower individuals through evidence-based principles of Mindfulness, Neuroscience, Appreciative Inquiry, and Positive Psychology.

At Autonome, we believe in bridging coaching principles and protocols with specifically tailored mindfulness practices to create transformative opportunities for personal growth and positive change. Our curriculum is carefully designed to guide and empower participants in acquiring, developing, applying, and integrating foundational SEL competencies as outlined by the Collaborative for Academic, Social, and Emotional Learning (CASEL).

The Autonome lessons are structured to foster the following essential SEL competencies:

**Self-awareness**: Developing the ability to accurately recognize and understand one's own emotions, thoughts, and values, and how they influence behavior. Through self-awareness, participants gain insights into their inner world and cultivate a deeper understanding of themselves.

**Self-management**: Building the capacity to effectively regulate and navigate one's emotions, thoughts, and behaviors in various situations. Self-management equips participants with the tools and strategies to make informed choices and respond adaptively to challenges.

**Social awareness**: Nurturing the ability to empathize with and understand others, including individuals from diverse backgrounds and cultures. Social awareness cultivates perspective-taking skills and encourages a sense of compassion and inclusivity.

**Relationship skills**: Developing the skills needed to establish and maintain healthy, fulfilling, and meaningful relationships with diverse individuals and groups. Participants learn effective communication, active listening, and conflict resolution techniques to foster positive connections.

**Responsible decision-making**: Promoting the capacity to make thoughtful and ethical choices in personal behavior and social interactions. Responsible decision-making empowers participants to consider the consequences of their actions and make choices that align with their values and the well-being of others.

The core objective of Autonome is to nurture a profound sense of wellbeing and autonomy within young individuals. The program aims to instill trust and confidence in their innate capacities and authentic selves. Through comprehensive learning experiences, Autonome empowers all participants with valuable knowledge, essential skills, effective strategies, and empowering tools. Most importantly, it fosters the belief that each individual has the innate capacity to create a life that is healthy, fulfilling, and uniquely suited to their own aspirations and strengths.

## Program Format:

The program begins with "The Launch," a fully scripted lesson presented by a real-time site facilitator. The objective of this session is to introduce participants to the Autonome program, establish a supportive and trusting environment, and prepare them for the SEL journey ahead.

Following "The Launch" are the lesson modules that guide participants through a comprehensive SEL journey. These lessons serve as building blocks for personal growth and are presented in a digital format that can be utilized in various settings.

There are two primary modules within the Autonome program: Module 1 and Module 2. Module 2 is only included in Autonome Premium and builds upon Module 1.

**Module 1**: Foundational Skill-Building Themes: Participants engage with a series of sequenced, foundational lessons designed to develop essential social-emotional learning skills. The themes covered in Module 1 include:

1. Managing Your Mind with Mindfulness and Self-awareness

2. Mastering Your Stressors To Become Resilient

3. Living Life Through Your Strengths

4. Mastering Your Day

5. Creating Your Personal Vision

6. Creating Effective Goals

7. Achieving Your Goals

8. Managing Your Emotions

9. Communicating Effectively As The Speaker

10. Developing Effective Communication Skills As The Listener

**Module 2** builds upon the core foundational lessons of Module 1, guiding participants through a series of success-building themes. These themes further enhance participants' personal development and empower them to thrive in various aspects of their lives. The lessons in Module 2 can be presented sequentially or curated to meet specific needs and teachable moments. The themes covered in Module 2 include:

1. Creating Connection and Building Meaningful Relationships

2. Becoming a Responsible Decision Maker

3. Becoming a Strategic Problem Solver

4. Feeling Empathy and Expressing Compassion

5. Understanding Bias and Challenging Negative Bias with Empathy and Compassion

6. Connecting with Self-confidence

7. Discovering the Leader in You!

8. Learning to Resolve Conflicts

9. Promoting Wellness and Wellbeing Through the Mind-Body Connection

10. Creating Enduring Growth and Change (Culminating Lesson)

**Bonus Lesson: Discovering How You Learn**

This additional lesson, "Discovering How You Learn," explores the topic of learning styles and helps participants understand their unique learning preferences. Facilitators can present this lesson at a time deemed appropriate and valuable. To further support participants' understanding, a free online secondary learning styles inventory, such as the VARK (vark-learn.com), can be utilized.

By following this structured curriculum, facilitators can guide participants through a comprehensive SEL journey, fostering personal growth, skill development, and well-being. The Autonome program equips participants with the tools and insights necessary to thrive academically, emotionally, and socially, empowering them for success in high school and beyond.

**Overall Lesson Structure**:

Each lesson within the Autonome curriculum is presented by our experienced facilitator, "Coach Fran". Coach Fran brings a wealth of knowledge and expertise to guide participants through their learning journey. Her engaging style and interactive approach create a supportive environment for exploration and growth.

Each lesson video within this curriculum follows a consistent and well-defined framework, ensuring a cohesive and enriching learning experience for participants. The framework comprises the following key components:

Welcome: The lesson begins with a warm and inclusive welcome from the facilitator. This introductory segment sets a positive tone, establishes rapport, and creates an engaging learning environment.

Introduction of Theme: Following the welcome, the facilitator introduces the specific theme that will be explored in the lesson. This serves as a foundational component, providing participants with a clear understanding of the focus and purpose of the session.

Thematic-Based Content: The core of each lesson is dedicated to thematic-based content. The facilitator presents a carefully curated collection of content, including information, examples,

case studies, and demonstrations. This content is designed to support participants' learning, understanding, and insight into the topic being discussed.

Discussion Prompts: Throughout the lesson, participants are encouraged to actively engage in reflection and discussion. The facilitator prompts these interactions by utilizing a blue screen with question prompts, strategically placed at relevant points in the video. This allows participants to pause, contemplate, and share their thoughts, fostering deeper understanding and the exchange of diverse perspectives.

Lesson-Aligned Mindfulness Practice: To promote a holistic and mindful learning experience, each lesson incorporates a mindfulness practice that is aligned with the theme. This practice provides participants with an opportunity for sensory integration, relaxation, and focused awareness. It may include guided breathing exercises, meditation, or mindful movement, encouraging participants to cultivate present-moment awareness and enhance their connection to the topic.

Anchoring Thought: At the conclusion of the lesson content, an anchoring thought is shared by the facilitator. This thought encapsulates the key message or takeaway from the lesson, serving as a memorable and concise summary. The anchoring thought reinforces the central concepts and encourages participants to reflect upon and internalize the main ideas presented.

Affirmation: Following the anchoring thought, participants are invited to engage with an aligned affirmation. This affirmation is carefully crafted to reinforce positive beliefs, encourage self-empowerment, and support the integration of new learnings into participants' daily lives. It serves as a powerful tool for fostering confidence, resilience, and a growth mindset.

Closing: The lesson concludes with a thoughtful closing segment from the facilitator. This segment provides closure, summarizes key points, and expresses gratitude for participants' engagement and commitment to their personal growth. It leaves participants with a sense of fulfillment and anticipation for the next lesson.

By following this consistent framework and incorporating various interactive elements, each lesson video provides a comprehensive, engaging, and transformative learning experience that supports participants' growth and development.

In addition to the structured framework, each lesson video is accompanied by worksheets that guide participants through the content. These worksheets encourage focus, intention, and active participation, promoting deeper engagement and application of the lesson materials.

Furthermore, the post-lesson phase includes journal prompts, which encourage participants to reflect upon their experiences, insights, and personal connections to the lesson content. These journal prompts foster ongoing self-reflection, integration of new learnings, and the development of a personal narrative around the topic.

To ensure effective learning and facilitate deeper engagement, each lesson is segmented into topics. These topics are carefully designed to build upon one another, creating a logical and progressive flow of information. Each topic introduces new concepts, expands on previous learning, or explores related aspects of the subject matter.

**Discussion Prompts**:

At the conclusion of each topic, a discussion prompt is provided. As the facilitator, you have access to preview all lesson video discussion prompts through the online digital PDF provided with your Autonome subscription.

The purpose of these prompts is to foster reflection, self-assessment, discussion, and sharing among the participants. The discussion prompts serve as a valuable opportunity for facilitators to engage participants in meaningful dialogue, allowing them to process the information presented, connect it to their own experiences, and learn from one another.

The discussion prompt will remain on-screen after the topic is presented, giving the facilitator the flexibility to determine the appropriate engagement. Facilitators can choose to lead a group discussion, encourage individual reflection, or facilitate small group interactions, depending on the dynamics of the learning environment and the needs of the participants. It is essential to create a safe and inclusive space that encourages active participation and open dialogue.

Engaging in open and inclusive discussions is a vital skill that promotes academic growth and prepares students for future personal and professional success. We encourage you, as the facilitator, to model effective communication techniques, including active listening, maintaining eye contact, and exhibiting attentive body language. Paraphrasing and summarizing the speaker's content before responding, and allowing the speaker to finish without interruption create a safe and supportive space for sharing.

To facilitate meaningful conversations and "ah-ha" moments, we recommend several effective strategies: Think - Pair - Share, Think - Write - Share, Student Facilitation and Whole Group Discussion.

1. **Think - Pair - Share:**

   ○ Think: Encourage participants to individually reflect on their responses to the discussion prompt.

   ○ Pair: Have participants pair up with a pre-planned partner to share their thoughts and actively listen to each other.

   ○ Share: Invite one or both partners to share their responses with the entire class, fostering a collaborative and engaging exchange of ideas.

2. **Think - Write - Share:**

   ○ Think: Prompt participants to independently contemplate their responses to the discussion prompt.

   ○ Write: Allow participants a moment to jot down their thoughts in writing, fostering deeper self-reflection and organization of ideas.

   ○ Share: Invite participants to share their thoughts with the class, providing opportunities for diverse perspectives and insights.

3. **Student Facilitation:**
   ○ Create small groups of students and designate one student per group to function as the group facilitator.

4. **Full Group Discussion**
    - Facilitator engages all participants in a meaningful discussion using the discussion prompts that are provided for each lesson segment.

Once the discussion concludes, the facilitator can seamlessly move on to the subsequent topic. The sequential design of the topics ensures a cohesive learning experience, where participants can progressively deepen their understanding and build upon their knowledge.

By structuring the lessons in this way, we aim to create a rich and interactive learning environment that maximizes participant engagement and fosters meaningful learning outcomes. Coach Fran's guidance, the segmented topics, and the discussion prompts work in harmony to provide a well-rounded learning experience that caters to various learning styles and encourages active participation from all participants.

**Best Practices**:

As a facilitator of the Autonome program, your role is pivotal in creating an optimal learning experience for participants. While the Autonome curriculum provides a ready-to-go digital experience, the presence of a real-time facilitator can significantly enhance participants' engagement and growth. Here are some best practices to maximize the impact of your facilitation:

**Preparing for Each Lesson**: Prior to each lesson, take the time to review the objectives, targeted SEL competencies, and any lesson extensions. Familiarize yourself with the content and key discussion prompts, ensuring you are well-equipped to guide participants through the lesson effectively.

**Cultivating Trust and Rapport**: Continuously work on developing and reinforcing trust and rapport within the participant community. Create a supportive and inclusive environment where individuals feel comfortable sharing their thoughts, experiences, and insights. Show up with enthusiasm, authenticity, and a genuine desire to join participants on their journey.

**Modeling Principles**: As a facilitator, be a humble role model by embodying the principles presented in the lessons. Demonstrate self-awareness, empathy, respectful communication, and responsible decision-making. Your actions and demeanor should align with the SEL competencies being taught, reinforcing their importance and encouraging participants to follow suit.

**Encouraging Meaningful Discussions**: Promote generative and meaningful discussions by allowing sufficient time for participants to formulate their thoughts, create relevant questions, and generate real-life applications. Create a space where all voices are heard and respected. Encourage participants to engage in respectful dialogue, such as using phrases like "I agree with...," "I'd like to add to what [NAME] said," or "After hearing what [NAME] said, I think...".

**Utilize Quotes:** The quotes provided in the supplemental resources are a powerful tool to enhance the lesson concepts. Consider opening the lesson with a quote, allowing the students to share their thoughts and interpretations. If time allows, revisit the quote at the end of the lesson to identify new perspectives or deeper meaning.

**Bridging Lessons**: Facilitate seamless transitions between lessons by providing a brief recap and connecting the content. Use transition questions to stimulate reflection and encourage participants to draw connections between the topics. For example, you can ask:

"In our previous lesson, we explored the topic of [TOPIC TITLE]. How did that topic impact you?"
"Since our last lesson, how have you been implementing mindfulness and self-awareness in your daily life?"
"Would anyone care to share reflections from our previous lesson's journal prompts"

**Further Exploration**: Extend the learning experience by recommending additional free online resources that align with the Autonome program. For example, explore the VARK (vark-learn.com) assessment to discover their preferred learning styles, or the VIA Character Strength Assessment (viacharacter.org) to explore more about unique strengths and how they contribute to their well-being.

By following these best practices, you will create an environment that promotes active learning, meaningful connections, and personal growth.

## Curriculum Content

To ensure a comprehensive and effective facilitation of the Autonome SEL program, a variety of materials have been developed. These materials are designed to assist facilitators in guiding participants through the program and promoting their growth and development. The content includes:

**Objectives and Aligned SEL Competencies**: For each lesson, a clear set of objectives is provided, outlining the specific learning outcomes and goals to be achieved. These objectives are aligned with the essential Social Emotional Learning (SEL) competencies, as outlined by the Collaborative for Academic, Social, and Emotional Learning (CASEL). The alignment ensures that each lesson is purposefully structured to support participants' holistic development. Also contained in the Lesson Objectives sheet are the discussion prompts within the lesson to allow the facilitator to anticipate and prepare for the upcoming lesson and approach the discussion prompt with a suitable structure. These documents are designed as a preparation guide for the facilitator, not for the participants.

**Wellbeing Survey (Pre and Post)**: To measure participants' growth and change throughout the program, a Wellbeing Survey is included. This survey is administered both before the program begins and after its completion. By comparing participants' responses, facilitators can assess the program's impact on their overall wellbeing and track their progress in acquiring and integrating SEL competencies.

**Worksheets**: Each lesson is accompanied by worksheets that guide participants through the content. These worksheets serve as valuable tools for participants to engage actively with the lesson material, encouraging focus, intention, and thoughtful exploration. Facilitators can utilize these worksheets to structure activities, facilitate discussions, and promote participants' understanding and application of the concepts presented.

**Reflective Journal Prompts**: To promote insight, reflection, and enduring, sustainable growth and change, reflective journal prompts are provided with each lesson. These prompts invite

participants to delve deeper into their personal experiences, thoughts, and emotions related to the lesson content. Facilitators can encourage participants to use journals as spaces for self-reflection, capturing insights, and setting intentions for ongoing growth beyond the program.

**Compilation of Quotes**: A compilation of quotes related to social-emotional learning, mindfulness, personal growth, and resilience is included. These quotes serve as sources of inspiration, motivation, and reflection. Facilitators can incorporate these quotes into discussions, journaling activities, or as prompts for deeper contemplation, providing participants with diverse perspectives and wisdom to draw upon.

**Mastery Assessment**: At the end of the Autonome program, a Mastery Assessment is included to assess participants' understanding and retention of the key concepts and competencies covered throughout the lessons. This assessment serves as a review tool and provides evidence of participants' comprehension and application of the material. Facilitators can use the results to gauge the program's effectiveness and identify areas for additional support or reinforcement.

These support materials are designed to empower facilitators in delivering a structured, engaging, and impactful Autonome SEL program. By utilizing these resources effectively, facilitators can guide participants towards transformative growth, deepening their understanding of themselves, building essential skills, and fostering positive social-emotional development.