



Trainer Skills Intensive (TSI) Curriculum

The Trainer Skills Intensive (TSI) is a six-month program designed to help you integrate the Stress Management and Resiliency Training (SMART) principles in your personal life, deepen knowledge and understanding of the SMART ideas, and enhance your teaching skills in the SMART program. The breakdown of the curriculum is noted below. Dr. Sood will host a video meeting (approximately 90-minutes long) every four-weeks to help with your progress.

| Time (wks.) | Document/Book to read | Tasks to complete | Meeting schedule |
|-------------|---|--|---|
| 1-4 | Book: <i>SMART with Dr. Sood*</i> Document: Key learning points Audio: Book summary | Record Key learning points Submit: "This really made sense" | Review key learning points Plan for next four weeks (Developing personalized PPT) |
| 5-8 | Document: Instructor notes Four Module SMART Program (PPT) Audio: PPT audio files | Learn the Four Module SMART Program | Review the PPT presentation Plan for next four weeks (Discover stories & metaphors) |
| 9-12 | Document: Discover your stories and metaphors | Discover your stories Discover your metaphors Submit: 10 stories & metaphors | Review stories & metaphors Plan for next four weeks (Refine presentation skills) |
| 13-16 | Document: Engage to Transform Document: SMART handout | Practice teaching SMART | Review content & flow Plan for next four weeks (One personal change) |
| 17-20 | Document: Behavior change part 1; Behavior change part 2 (wk 1 and wk 2) | Implement at least one personal behavior change | Review one personal behavior change Plan for next four weeks (Exploring meaning) |
| 21-22 | Document: Why? | Explore your meaning – who, what, why | Review personal meaning Review the entire program Plan for written and oral test |
| 23-24 | Document: A Flexible Zoom | Develop ZiZo practice | |
| Past wk. 24 | Open book 150 item multiple choice question test 30 to 60 minutes oral interview | | |



Brief Description:

Weeks 1-4: Grounding

In the first four weeks, you will develop a deeper grounding in the four-module SMART program. Please read the [SMART book](#), and write your key learning points in the right-hand column of the document provided. Also, note one idea/line that really made sense in each chapter.

Also, consider using the [Resilience journal](#) to organize your practices.

Submit your list of “This really made sense” to transform.course@gmail.com before the next teleconference.

Weeks 5-8: Customizing PowerPoint

In the next four weeks, you will become familiar with the PPT presentation and customize the images of the presentation to your preference. Look at the slides concurrent with the instructor notes and the audio files that will be shared with you.

Weeks 9-12: Discovering Stories and Metaphors

Weeks 9-12 will invite you to explore your personal and professional life and discover as many stories and metaphors as you can (preferably about 20 each). Please share your ten top stories (50-200 words each) and metaphors by sending them to transform.course@gmail.com. A small proportion of these will be shared with the group anonymously.

Integrate some of these stories and metaphors in your presentation. You can also catch up on your reading during this time.

Weeks 13-16: Practice teaching SMART

Now you are ready with your version of the SMART program. It is time to begin practice teaching SMART to a few people. Generally, start with practicing by yourself, then with family and friends, and if feasible, with small groups. Collect critique after your presentation and refine your skills. Remember that this is just a start. You will continue to improve your presentation skills all your life!

Weeks 17-20: Implement a personal change

Concurrent with teaching SMART, it will be important to improve your personal wellbeing as well as experience the process of making a personal change. During these four weeks, you will commit to a change that is most meaningful for you. You will plan and implement the change taking the help of the suggestions shared with you in a document and will commit to sticking with the change for at least two weeks, preferably longer.



Week 21-22: Why?

An important part of your training is exploring your personal meaning in the context of your faith, work, and relationships. Weeks 21-22 will be dedicated to finding that meaning, sharing it with others (during the video conference), and getting the group feedback.

Weeks 23-24: ZiZo

This final week will be devoted to the ZiZo practice (Zoom in and Zoom out), where you will purposefully practice ways to zoom in and zoom out through your daily life. This will be an essential skill you will be teaching to others. You will be invited to share your experience with the ZiZo practice in the video conference.

Assessments:

At the end of the course, your knowledge and skills will be assessed with the following:

1. An open-book multiple-choice question test. You can take as much time as necessary to answer the questions.
2. A 30-minutes to one-hour oral test to assess your knowledge and skills. Students will have the opportunity to retake the test if they do not receive the passing score.

Please email Amit at transform.course@gmail.com with any questions.