



Integrative Wellness

Facilitator-in-Training (FIT)

OVERVIEW:

Bauman Wellness Facilitator-in-Training (FIT) provides health professionals and community paraprofessionals with a dynamic process and curated content to facilitate learning by people from diverse backgrounds. This model combines wisdom, science, and collective engagement. Rather than teach people what to think, we create the space for learners to listen and learn, investigate, and respect all valid views. FIT training provides structure and supervision for new professionals and community wellness activists to bring the diverse and inclusive Bauman Wellness approach to people wanting to learn and grow. FIT graduates can teach BW programs locally and globally. They can also apply and market the Bauman Wellness™ method for workshops and programs they develop. Our process invites learners to investigate truth, share cultural relevancy, traditional ways, and modern research, to awaken curiosity, spark intelligence and inspire elevated discussion and committed practice. Learning in this way is exciting, full of discovery and synthesis.

JUSTIFICATION:

The times they are a changing (Bob Dylan, 1964). This is especially true in the area of education. The pandemic, plus serious existential threats to our economy, ecology, and social systems has changed the way we live, work, and learn. With reduced mobility, socialization, and onsite gathering, people are using technology more than ever to learn to survive and thrive. Information is exploding today, especially in the area of health, wellness, social justice, and diversity. A facilitator of personal and collective resilience needs to stay current and open to changing assumptions and relative truth. Co-facilitating an integrative wellness training or workshop is a potent way to learn, practice and serve. With facilitating comes a responsibility to prepare, and honor differing points of view, holding a moderate, grounded position. This is a skill that comes from being battle tested, as self-centered people tend to be combative rather than collaborative. Our aim is not to tell people what to think but show them how and why to think. Bauman Wellness education is free of solicitation, commercial bias, and hidden agenda. Well facilitated group learning is focused on wellness practice, creative expression, and collaborative community building. In our sessions, participants from diverse backgrounds, skill levels and life circumstances, learn with and from each other. In meeting as a group across a series of sessions, with wellness partners to enhance accountability and build meaningful relationships, participants recognize and release misinformation they received through the media, in school or from the internet. Our aim is to use authentic education as a powerful tool for personal and social transformation.

Learning Objectives

1. How to prepare to facilitate a class
2. How to build rapport with participants
3. How to manage time and balance content with process
4. How to find your voice and hone communication skills
5. Practice facilitating in class and in breakout groups, receiving feedback from your FIT cohort.
6. Take the pre and post Facilitator Skill Inventory to note progress and areas of continued practice

Ways to Be Well FIT Training: Six sessions: nine contact hours

- **Dates: Six Tuesdays, Jan 9 – Feb 13, 3-4 pm PT**
- Cost: \$195. Partial scholarships available upon request.
- Time commitment:
 - 90 minutes per week in group
 - 30 minutes per week completing worksheets
 - 30 minutes per week in partner sharing
 - personal wellness, arts, and community collaboration practice

Competency Requirements

1. Attend all sessions or make up any sessions missed via video viewing and FIT partner discussion.
2. Complete and post weekly worksheets in the Mighty Network W2BW FIT circle
3. Complete pre and post FIT Skills Inventory Survey
4. Demonstrate integrative, mindful, non-judgmental, facilitation skill in practice sessions

Class Format

- 5 minutes – opening with acknowledgments
- 10 minute - check ins
- 30 minute - Ways to Be Well lesson overview, outline review, facilitator responsibilities, group activation goals, practice problem role play, and facilitator response.
- 20 minutes - Breakout group with specific facilitation practice guidelines
- 20 minutes - Group sharing
- 5 minute - Commitments and homework

Ways to Be Well Class Themes

1. Class one: Introduction to Integrative Wellness: Pre-program surveys
2. Class two: Eating for Health and Visual Arts
3. Class three: Joyful Movement and Music and Movement
4. Class four: Mindfulness and Creative Writing
5. Class five – Relationship, Agreements in Action, Media Arts
6. Class six – Service, Justice, Social Justice Arts

Outcome

1. Personal centering, grounding, wellness practice and facilitation skill building
2. Improved confidence, planning, time management, speaking, facilitating, and conflict resolution
3. Clarity on which wellness component areas to pursue for specialty training in Affordable Nutrition, Wellness Arts, and/or Justice in the Body

Please direct questions and send your FIT application to:

Dr Ed Bauman: baumanwellness@gmail.com (707) 290-3773