



COURSE INTRODUCTION

Welcome to this online group course: Clear Sailing Through Daily Life!"

Before you start on the online video lessons, there are a few things I want to ask you to prepare.

Collecting Your Notes

Make sure that you have something in which you can collect your notes and your transcripts throughout this course.

You will be making exercises. You will have the transcripts that you might want to print. Make sure that you have one place where you collect them all, so you can easily refer back to your notes as the course goes on. This can also be a digital binder, like a folder on your computer. Use whatever you like best, as long as it helps you find your notes and documents back.

The Ship's Logbook

With this course also comes the Ship's Logbook. This is a special diary where you can keep track of how your Crew is doing and what your mental health state is.

Before you start on Module 2 of this course, we will go over how the Logbook works and how you can make the most use of it. You will not need it in the first two weeks of the course, so for now, set that aside.

Extra Recording Space

You may also want to look into getting yourself some extra recording space.

Throughout this course, you will develop the habit of writing down things that happen to you. Things you learn from the course and in daily life, as well as experiences that you have. You're your recordings become more detailed, it may well be that the space in the Logbook is not enough.

So make arrange for some extra recording space before you need it. This can be a line journal or a bullet journal. It can be a computer file or even audio recordings. Whatever works best for you, make sure that you have that at hand.

"Your Situation"

Throughout the lessons, you will receive exercises that will call upon you to use 'Your Situation'. This is a situation of your choosing that you will be working with throughout the course. You will apply the things that you have learned to the situation. You will imagine it, analyse it, and work with that.

Choose something that is simple, recent, and not too private. We will be discussing our Situations during the live calls, so make sure that it's something you don't mind sharing. Something recent, because past things can be very complicated. We want to keep things simple for now, because you have to learn to stay afloat before you can sail.





Live Calls

In this group course, we will be working with live calls. These will be Zoom calls online, at the times and dates that you have received in your email.

There are 5 calls, roughly two weeks apart:

- One live call right after Module 1;
- Two calls in Module 2, one during and one after completing that module;
- Two calls in Module 3, again one during and one after completing that module.

During these calls, you can get to know the techniques better, you can ask questions about things that you need help with and discuss your experiences.

About a month after we finish the course, there is one last live call. This wrap-up call is intended to get the group together to share what has happened since completing the lessons, fine-tune techniques, and help each other to truly integrate the Ship into our daily life.

That's it for now. You have everything you need to get started, and Module 1 is ready and waiting for you.

Module 2 will open after the first live call, so you can watch the videos and do the exercises that are available now at your own pace without having to worry that you will run too far ahead.

Have fun!

*With love,
Christel*

