



Instructor Assignments For the Reveal & Release 1 Course

This document gives you an overall view of the minimum assignments that you will be responsible for – additional assignments may be added as required. Some of them are written, most are recorded. You may work on them at your own speed, keeping in mind that how fast you proceed through the process will depend partially on how soon you get the assignments in to the supervising instructor (SI) and, obviously, on how quick the SI can respond with their feedback. Please take note that you will not be “chased” to get your next assignment in: completing and submitting your assignments will be your responsibility. The SI will be working with you, however, on the timing and organizing of your student teaching assignment, as the SI requires a personal observation of your teaching style and classroom interaction skills.

Daily Course Schedule

It is important to develop a daily schedule of how you will be presenting the topics in your class. You will most likely end up adjusting this outline once you start teaching, but it will serve to provide you with a guideline to ensure that all subjects are covered without being rushed and without forgetting important details.

Your outline should be broken down and contain the following elements:

- the topics to be covered
- the time you are going to allow for each topic and activity
- the most important teaching points you have to make for each topic
- any special teaching approach you want to take for that topic
- any teaching aids you will use (e.g., skeleton, PowerPoint)
- additional activities that support the topic (these can be optional)
- instructor demonstrations
- student practice
- where you will insert breaks and lunch (and how much time for each)

Duplicate into another document and expand the table below as required.

Time	Topic	Teaching Points	Teaching Materials and Tools
9 – 9:15 am	Welcome and introduction to course and of self	-benefits of CRR -my story	refer to handouts; refer to PowerPoint slides



1. Submit any PowerPoint presentations you'd like to use, if any at all.
2. Submit any handouts you want to provide your students with.

Recorded Assignments

To certify, the Trainee must convince the Supervising Instructor that they are completely ready to teach Reveal & Release on their own. The Supervising Instructor may provide extra assignments as needed to satisfy that requirement.

If doing both RRI1 and RRI2 training concurrently, please submit assignments for RRI1 first until given the go ahead to start assignments for RRI2.

If doing both CRR1 and RRI1 training concurrently, please submit assignments for CRR1 first until given the go ahead to start assignments for RRI1.

When recording assignments, start the camera and not to stop until you have finished speaking/demonstrating. Should you stumble with your words or get momentarily lost, for example, the SI will want to see how you handle it and get yourself out of the situation.

The assignments need to be spoken naturally. Therefore, no reading of prepared materials! It might help if you ask someone to act as your audience so that you have someone to focus on and talk to and interact with.

Assignments 2-12 are waived if already certified as a Core Reveal & Release Instructor:

1. Present your introduction to the course and to yourself along with any set-up (ie. turn your cell phones off, any admin stuff you need to cover, establish confidentiality, intro yourself, discuss pertinent course theory).
2. Welcoming Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
3. Sense It In Your Body Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.



4. Resistance Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
5. Figuring It Out Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
6. Would You, Could You, When Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
7. Wanting/Having Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
8. Triple Welcoming Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
9. Look For Where The Pattern Isn't Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
10. Diving Into the Core of the Emotion Release: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
11. Pre-Releasing Procedure: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
12. After Releasing Clean-Up Procedure: Present the release (describing the salient points if you deem necessary), demonstrate it and lead someone/a group through it. Include the debriefing points you will make. This portion may be completed in a live course by permission of your Supervising Instructor.
13. Outline the criteria in which you'd accept/reject someone into your classes.
14. Individual Exercise Written: Write out the steps as a skeletal outline which you'll modify as need be in the actual experience.



15. Individual Exercise Practical: A minimum of 3, or until proficiency is demonstrated, exercises will be videotaped with explicit permission from volunteer participants. It's permissible to charge participants if desired. It's advised that this is completed in the context of a study group type of setting with either previous participants of Reveal & Release or equivalent courses such as tantra trainings, FreeFall classes or the like. This is an in-person exercise that's videotaped, no Zoom/Skype/etc.
16. Releasing of Mom/Dad/Self Exercise Written: Write out the steps of this exercise as a skeletal outline which you'll modify as need be in the actual experience. Alternatively, submit an audio of a proficient facilitation of each of these.
17. Releasing of Mom/Dad/Self Exercise Practical: A minimum of 3, or until proficiency is demonstrated, exercises will be videotaped with explicit permission from volunteer participants. It's permissible to charge participants if desired. It's advised that this is completed in the context of a study group type of setting with either previous participants of Reveal & Release or equivalent courses such as tantra trainings, FreeFall classes or the like. This may be done over Zoom and videotaped. This portion may be completed in a live course by permission of your Supervising Instructor.
18. Letting Go Exercise Written: Write out the steps as a skeletal outline which you'll modify as need be in the actual experience. Alternatively, submit an audio of a proficient facilitation of each of these.
19. Letting Go Exercise Practical: A minimum of 1, or until proficiency is demonstrated, exercises will be videotaped with explicit permission from volunteer participants. It's permissible to charge participants if desired. It's advised that this is completed in the context of a study group type of setting with either previous participants of Reveal & Release or equivalent courses such as tantra trainings, FreeFall classes or the like. This portion may be completed in a live course by permission of your Supervising Instructor.
20. Demonstrate how you'd end the class.