

A Basic Training Format to teach Focusing and Listening to the general public

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Objectives of the training

- Participants will be able to lead themselves through the focusing process
- Participants will be able to guide their companion
- Participants will be able to accompany a focuser

Structure

4 series of lessons:

Each series: 3 1-hour individual lessons + 3 3-hour group lessons (lab)

Total per series: 12 hours

Total basic training: 48 hours

Frequency

- Labs: every other Saturday morning
- Individual lessons alternate to Labs

Methodology of the lessons

- Individual lessons = theory + guided processes
- Labs (all participants at different levels work together) =
 - Video recording and analyzing of sessions
 - Practice in the group and dyads

Program of the 4 series

1st series - Introduction to focusing and listening

2nd series - Deepening of one's focusing abilities. "Clearing a space". Questions to the felt sense

3rd series - Difficulties and blocks in the process. Working with parts.

4th series - Deepening listening skills

Advantages of this Format

Didactic advantages

- Individual training
- In the labs all participants, at different levels, meet and work together
- Labs open to people who have already completed the training and to trainees and trainers
- Easy to facilitate partnerships

Organization and Marketing Advantages

- Continuous yearlong Training
- Easy schedule
- Immediate response to interested people

Training format as part of a marketing strategy

Strategies to encourage people to enroll

- One-hour free individual meeting for information and a guided focusing session
- Possibility to start at any time from September to May
- Enroll only for one series at a time
- Flexibility about completion
- Schedule convenient for people from other towns
- Free partnership tutorial