

# SOUL COMPANIONING

## *What to Expect in the Four-Week Course*

### An Overview

1. The course is largely asynchronous (not in real time) so you're basically on your own time except for **three synchronous meetings**, usually scheduled during:
  - early part of Week 1 (Tues. or Wed.) for an hour (to an hour and a half) of "Meet & Greet" Zoom (including a short course orientation)
  - weekend of Week 3 (Fri. or Sat.) for an hour and a half (to two hours) with your designated small group (of 5 to 8 participants) to practice and experience companioning dynamics together
  - weekend of Week 4 (Fri. or Sat.) for an hour and a half (to two hours) with the entire class for final integration and course wrap-up
2. The course begins with a **preliminary week** we call **Week 0** – an informal week for people to access the course shell, introduce themselves to the class, and familiarize themselves with Moodle, our virtual platform.
3. We host two additional Zoom meetings that are **optional** (although the 2<sup>nd</sup> one is highly recommended) scheduled during:
  - middle part of Week 2 (Wed.) for half an hour to an hour of informal check-in, Q & A, and brief sharing (a time just to touch base and connect)
  - middle part of Week 4 (Wed.) for an hour (usually in the evening) featuring a one-with-one spiritual direction demo and debriefing.
4. The course follows a **weekly rhythm (Suggested Order)** prescribed as follows:
  - **Mon.** – preparation (reading texts/viewing/listening to audio-visual materials)
  - **Tues./Wed.** – engaging in offline praxis exercise / forum posting (Week 3 has two forums: Tues. and Thurs. [the latter with your designated small group])
  - **Tues. to Fri.** – forum interaction
  - **Fri.** – submission of a brief integrated paper
  - **Fri. or Sat.** – synchronous Zoom meeting
  - **Sat.** – catch-up work or previewing the upcoming week
  - **Sun.** – rest day
5. Part of sticking with the rhythm involves faithfully **observing the set deadlines** for forum posting/interaction and submission of brief integrated papers.
6. The online learning modality we employ is based on the mantra to which we subscribe: "the online facilitator is not a sage on the stage but a guide on the side" – which means that the primary role of the facilitator is not that of a lecturer or teacher but a companion to the participants who also seek to companion other participants.