

Session 10 Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	RRR – Leadership Development – Understanding the Can't and Won't Variables	Power Point – Ses.10-Res.1 Handout
2.	RRR – Leadership Development – Going from Can't to Can and Won't to Will	Power Point – Ses.10-Res.2 Handout
3.	RRR – Leadership Development – Performance Improvement Process (PIP)	Power Point – Ses.10-Res.3 Handout
4.	Learning Styles	Resource – Ses.10-Res.4 Handout
5.	Essential Training Tools	Resource – Ses.10-Res.5 Handout
6.	Preventing and Managing Physical and Emotional Suffering	Textbook pages 272–275
7.	B-FIT Mindfulness Exercise #5 – Preventing and Managing Pain to Reduce or Relieve Suffering	Textbook pages 276–277
8.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 20 minutes x 5 sessions weekly