

**Soul Bard . Exe**

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**September 2024 Cohort**

Please be advised that adjustments might be made to the schedule as needed to best benefit the course and the student majority. At the same time, all Zoom meetings mentioned below are recorded, except for one-on-one meetings.

### **Coaching Philosophy**

Heyya, all. Jenna, here! Yeah, we're going to take this section and get all informal, as most of you know me to be. Educational legalese and terminology being what they are, it might get rather "teachery" sounding below. Fair warning! Thank you for taking the time to plot this course into the schedule of your life map. We have three-to-six months ahead together, depending on how you take the course. I'll explain that in more detail below.

As far as my coaching philosophy goes, let me be clear: I know we all have life going on. I know this class asks a lot of you, and many of you are balancing surmountable things while barely balancing the plates. I get that, 100% Therefore, let me emphasize that my coaching mindset is pretty similar to how I was as a teacher in public education: what you put into this course is indeed what you will get out of this course. Some parts of it might appeal to you more than others. That's okay! I am all for you taking parts of this course's buffet and putting it onto your plate. The Divine Powers that Be know that's how I managed it when I first started. I have hopes, as you will see in the (trigger warning) Rationale below, I hope this course becomes a place where you feel like you can breathe and be you, to the soul level, when trauma and life are not being kind. Okay, now let "teachery" voice start. Take care of yourself, your voice matters, dang it!

### **Rationales**

By taking this course, people who own and operate creative businesses of any kind should be able to generate a sense of self-sovereignty and self-steadiness in their creative lives to find balance. The original idea for this course came to its creator, Jenna O'Malley, after she lost her first-born child to an ectopic pregnancy and, while she found several courses out there to work together to help her build her business, not a single product existed to balance the trauma recovery time.

Therefore, the aim of this course is to be an outlet to help Soul Bards activate and reset their creative lives and businesses in a way that makes them want to engage authentically and with the true essence of a healing journey to becoming a better bard than ever before. The modern-day bard is a concept Jenna drives deep into the course of how Soul Bards are lost creatives looking to tell their stories from the soul in the most abundant way possible. One goal at a time. One healing step at a time.

### **Learning Objectives**

Soul Bards taking this course should be able to complete the following tasks in three months (self-paced, without attending the meetings) or six months (self-paced and attending our weekly Zoom meetings) after participating in this course:

1. Create self-determined and self-guided goals to either pick up on a project they have set aside due to numerous factors (creative, business, financial, trauma-driven, and not or beyond) or to start a new project during a time in life where they require a creative outlet, but they themselves do not know how to balance inclusion of that into their current situation
2. Implement accountability practices as pedagogy is shared to progress through the goals designed in the course
3. Complete 75% or more of their self-designed goals within their designed timeframes by the end of six months
4. Reflect on progress and request feedback from other members in the cohort, coaches included, as needed
5. Gain skills that can help with facing doubt that are specifically targeted toward growth mindset, trauma-informed pivoting, managing Acquired and Adverse Childhood Experiences or other traumatic life events during/before/after, and other tactics that assist with neurodivergence in the workplace.

### **Course Content**

This course will utilize Zoom meetings, pre-recorded videos on specific topics, workbooks, workshops, guest hosts, and more to enhance the Soul Bard's experience as they grow through a start or return to their businesses and creative processes. From time to time, Jenna will also offer smaller groups and one-on-one sessions for those Soul Bards who need a tinier group setting to manage whatever life's dice rolls their way while the course is happening. Links to all materials and those meetings can be found below or by contacting Jenna for assistance.

### **Student Expectations for Optimal Experience**

Attending the live Zoom Check Ins, small groups, or one-on-one sessions is not mandatory. However, recordings will be provided of all Zoom sessions (not one-on-one sessions, unless the single attending person requests otherwise). Soul Bards are encouraged to attend as many sessions as they see fits their needs. At the same time, the self-paced materials and some of the Zooms will have workbooks and other materials associated with them, and in some cases, Soul Bards might want to complete some homework from these items by certain dates. Jenna will inform you of those accordingly through email, in the FB group, and in class proper/on recordings of classes.

### **Required Materials and Access**—*links coming soon for Soul Bards once class starts in September!*

Facebook Group Link (click here or ask for an invite)

Recorded Zoom Sessions Google Doc Link (click here or ask for an invite)

Class Google Calendar Sync Link (click here or ask for an invite)

Class Google Drive Sync Link for Workbooks (click here or ask for an invite)  
Soul Bard Cohort Info Form (click here or ask for an invite)

### **Required Materials Not Provided by the Course**

Planner of your choosing (digital or physical) or related stationary to complete your chosen goal(s)  
All related items you currently have for the project  
Complete the associated class homework as those classes are made available to you  
Two self-help books of your picking (either independently, or we will form a small group for you to work with if interest for it exists)

### **Parts to the Course Schedule**

For a greater understanding of how this course sets out to assist Soul Bards taking it, please consider these explanations about the various components of the course.

#### *What are Zoom Check Ins?*

These are live classes with live coaching and question/answer sessions that are either on topic or chosen by those people currently taking this cohort. They may or may not have some Related Workbook or Related Task items to complete. You will not have Workbooks and Tasks for both Zooms and Self-Paced. Therefore, the required assignment during the first week is crucial to complete on time, as your answers dictate what happens at the end of the cohort's run. Pre-determined topics may be switched around as needed.

#### *What are Self-Paced items?*

These are pre-required videos with possible Related Workbook or Related Task items to complete. There will be no more than one hour of self-paced items each week, and students are encouraged to attend to those items when they have time. You will not have Workbooks and Tasks for both Zooms and Self-Paced.

#### *What are the Related Workbook or Related Task items?*

These are used either during Zoom Check-ins or Self-Paced videos. You will not have Workbooks and Tasks for both Zooms and Self-Paced. It is recommended to do these items when possible, but remember, accountability to your goals always comes first. Many of these items, though, are designed to help support your goals and should be easy to incorporate.

#### *What are the small group and one-on-one opportunities like?*

Using Zoom, we will meet one-on-one on issues that are highly confidential. I will limit scheduling these in advance to two of these a week for the cohort on my calendar but feel welcome to reach out for them whenever you are able (emergencies only). Small groups will focus on either specific topics of concern, accountability and body doubling, to cover technical issues, or to talk about our self-help books. These times are great for you to feel like you have a tiny group of people to work with, especially since we can split into breakout rooms on specific subtopics!

*What are the guest speaker situations about?*

Sometimes, and depending on what interests are listed at the end of the first week's assignment, we will have guest speakers. I will not have the same guest speakers on the same topics here as I do over at Camp Soul Bard Academy, for those of you who visit there, too. Additionally, we are open to people in class sharing their skills and using times in the later part of the cohort's run to practice anything they want feedback on from a class of peers!

### **Tentative Course Schedule**

- Welcome Week
  - Zoom Check In: Welcome to Activation, Let's Engage (60 minutes)
  - Self-Paced: Getting to Know the Course, You, and the Projects You're Designing
  - Related Workbook: TBA
  - Related Task: TBA
  - MUST Complete the Soul Bard Cohort Info Form ASAP (linked above) and finalize anything in the materials categories above or reach out for assistance
- Week 1
  - Self-Paced: Pedagogy Class on Self-Check Ins
  - Zoom Check In: Where are you now? And live coaching workshop on The Power of Pivoting (60 minutes)
  - Related Workbook: TBA
  - Related Task: TBA
- Week 2
  - Self-Paced: Pedagogy Class on Self-Taxonomy and Standardizing Your Goals
  - Zoom Class: Where is your project now? And live coaching workshop on Picking a System for Your Goals and Making Them as SMART as You Are (60 minutes)
  - Related Workbook: TBA
  - Related Task: TBA

- Week 3
  - Self-Paced: Pedagogy Class on Scaffolding Your Goals
  - Zoom Check In: Where are you and your project starting from together? And live coaching on making a “syllabus” as your GYST list for the goals to be done (60 minutes)
  - Related Workbook: TBA
  - Related Task: TBA
  - BONUS Zoom Opportunities: Small Group and One on One Office Hours with Jenna
- Week 4
  - Self-Paced: Pedagogy Class on Habits, Life Hacks, and Routine Formation through Experimentation
  - Zoom Check In: What are your goals for: you, your project, your business? And live coaching on Soul Integration Methods for Habit Stacking and Life Balance
  - Guest Zoom Workshop: TBA
  - Related Workbook: TBA
  - Related Task: TBA
- Week 5
  - Work on completing your goals
  - Self-Paced: Pedagogy Class on Stabilizing Your Creative Space to Sacred Levels
  - Zoom Check In: readthrough feedback session sessions/lessons/meeting for any kind of writing (fiction/blurb/etc.)
  - Related Workbook: TBA
  - Related Task: Pick a self-help book to read in your free time over the next 10 weeks
- Week 6
  - Work on completing your goals
  - Self-Paced: Pedagogy Class on Aristotle and Socrates in the Workplace
  - Zoom Check In: Course Q n A and Live Coaching
  - Related Workbook: TBA
  - Related Task: TBA
  - BONUS Zoom Opportunities: Small Group and One on One Office Hours with Jenna
- Week 7
  - Work on completing your goals
  - Self-Paced: Pedagogy Class on Self-Editing and Building Your Editing Team
  - Zoom Check In: Course Q n A and Live Coaching (first and final pages of your books or your blurbs or whatever—we will workshop them together in class)



- Related Workbook: TBA
- Related Task: TBA
- Week 8
  - Work on completing your goals
  - Self-Paced: Reflective and Automatic Writing Prompt Check Ins plus Pedagogy Class on Alchemizing Your Healing Story
  - Zoom Check In: Tech Hour—let's workshop all your tech ish together
  - Guest Zoom Workshop: TBA
  - Related Workbook: TBA
  - Related Task: TBA
- Week 9
  - Work on completing your goals
  - Self-Paced: Pedagogy Class on Short Form Video for Capturing Your Journey
  - Zoom Check In: Breaking Your Barriers with Social Media and Growing a Community
  - Related Workbook: TBA
  - Related Task: TBA
  - BONUS Zoom Opportunities: Small Group and One on One Office Hours with Jenna
- Week 10
  - Work on completing your goals
  - Zoom Opportunities: Small Group and One on One Office Hours with Jenna
- Week 11
  - Work on completing your goals
  - Zoom Opportunities: Small Group and One on One Office Hours with Jenna
- Week 12
  - Work on completing your goals
  - Zoom Opportunities: Small Group and One on One Office Hours with Jenna
  - Guest Zoom Workshop: TBA
  - Related Workbook: TBA
  - Related Task: TBA
- Week 13
  - Work on completing your goals
  - Zoom Opportunities: Small Group and One on One Office Hours with Jenna
  - Guest Zoom Workshop: TBA

- Related Workbook: TBA
- Related Task: TBA
- Week 14
  - Rest Week / Mid Cohort Break
  - Capture it for your social media and so on as your homework/task
  - Send a newsletter or social media post about that self-help book
- Week 15
  - Work on completing your goals
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
  - Related Task: Pick a self-help book to read in your free time over the next 10 weeks
- Week 16
  - Work on completing your goals
  - Self-Paced: TBA / cohort's choice of topic
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 17
  - Work on completing your goals
  - Zoom Check Ins: (workshop with Jenna) TBA / cohort's choice of topic
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 16
  - Work on completing your goals
  - Guest Zoom Workshop: TBA / cohort's choice of topic
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 18
  - Work on completing your goals
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 19
  - Work on completing your goals
  - Self-Paced: TBA / cohort's choice of topic
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 20
  - Work on completing your goals

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- Zoom Check Ins: (workshop with Jenna) TBA / cohort's choice of topic
- Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 21
  - Work on completing your goals
  - Guest Zoom Workshop: TBA / cohort's choice of topic
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 22
  - Work on completing your goals
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Week 23
  - Work on completing your goals
  - Self-Paced: Recalibrating for the Road Ahead and Decisions to Pivot from Here with Better Footing
  - Zoom Opportunities: Small Group with Live Coaching and One on One Office Hours with Jenna
- Final Week
  - Self-Paced: Recap the Course
  - Zoom Check In: COHORT PROM (finale)
  - Send a newsletter or social media post about that self-help book

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ACTIVATE . RESET . ENGAGE .  
BARD MODE , ON .