

GLOBE STAR

“Mentoring a Spirit of Gentleness”



Teaching Log

Teaching Topic: **Navigating the Heart During Stormy Weather (NHDSW)**

Teaching Date:

Target Audience: Caregivers, Mentors

Length of Teaching:

Teaching Objective(s): *To teach crewmembers:*

- To value, teach, and protect Individuals during times of difficulty
- To self-assess through their tools and elements of companionship
- To help Individuals to self-regulate
- To help Individuals to notice, name, tame, and befriend their emotions
- To build healthy relationships
- To communicate effectively
- To resolve conflicts

Attendee Name	Attendee Signature	Your Role to Facilitate a Spirit of Gentleness

Comments/Concerns:

Navigator Name

Signature

Date