

SUSTAIN Learning Community – Monthly Session Agenda Template

(75 Minutes)

****Note that the content exploration is intentionally light to honor time constraints while maximizing impact:

Meeting Time: 2nd Friday of each month, 10:00 AM – 11:15 AM

1. Welcome & Grounding (10 minutes)

- Brief welcome and check-in
- Review session objectives and theme
- Guided somatic practice (e.g., breathwork, stretching, grounding visualization)

2. Content Exploration – (20 minutes)

- Overview of the topic
- Intentionally low-lift, high-impact content to fit busy schedules
 - May include short podcasts, blog posts, personal reflections, or brief readings
 - Focused on accessibility and application, not workload
- Optional journaling or individual reflection prompt

3. Peer Dialogue & Practice (25 minutes)

- Small group or partner discussions
 - Example of prompts:
 - How does this topic show up in your teaching or leadership?
 - What emotions or tensions arise for you around this theme?
 - What shifts or experiments are you considering?
- Share key takeaways with the full group

4. Resource Spotlight & Application (10 minutes)

- Highlight 1–2 tools, practices, or readings
- Discuss strategies for applying the theme to teaching/leadership roles with a particular focus on integration and self-reflection between sessions

5. Closing Circle & Feedback (10 minutes)

- Invite closing reflections (e.g., “What’s one word you’re leaving with?” or “One insight or intention you’re holding?”)
- Reminders:
 - Next session date and theme
 - Optional practice to try before next time
- Collect feedback (sticky notes on giant post it, QR code to form, etc.)