

[<Back](#) [Print](#)

Foundation for Inspired Learning Newsletter

December 2007

In This Issue

Happy Holidays Inspired Learning Facilitators

A Message From Our Executive Director

Inspired Learning and Adult Literacy

Literacy Conference Update - Sheila Mitchell

Focus Group - Sheila Mitchell

Inspired Learning Facilitators Forums

Point of View - What Others Have to Say

Acknowledging Our Board of Trustees

Contributing to the Foundation for Inspired Learning

Quick Links

Register Now

Newsletter Archive

Related Topics

Dear Marcy,

Happy Holidays Inspired Learning Facilitators

This is the season to be inspired and to inspire. I have been inspired by the e-mails and conversations I have had with many of you this past year.



Together we are changing the world of learning back to the natural state of encouraging curiosity, celebrating exploration and acknowledging every step of mastery.

May you and all your loved ones celebrate this season's love every day.

Love and respect. *Peter Reding, Founder*

A Message From Our Executive Director

When people take the Inspired Learning Model into their world, magic happens.

I want to thank and honor those of you who have put us in touch with people from around the globe, giving us more opportunities for future training projects.

If you haven't already read our November Newsletter, please take the time to do so. You'll have a good idea of what we were up to this year.

I am also especially humbled to be able to focus this Newsletter on the impact the Inspired Learning Model is having on Adult Literacy.

Happy holidays everyone and I look forward to connecting with you in 2008.

More About Us

Join our list

Join our mailing list!

Join

Marcy Johnsrude, Executive Director

Inspired Learning and Adult Literacy

Thanks to the work of wonderful Marlene Martin and Sheila Mitchell, we continued to see the Inspired Learning Model being integrated into the adult literacy world. We are especially thrilled to hear about the impact the Inspired Learning Model is having on learners in the Literacy area. Read about some of those successes in this newsletter.

Editor's Note: The articles by Sheila Mitchell and Lourdes Tapia were written for Opportunity to Read's SHARE newsletter and we received permission to include them in this newsletter.

Literacy Conference Update - Sheila Mitchell

ProLiteracy Worldwide Conference in Washington DC- November, 2007

I had the privilege of attending the ProLiteracy Worldwide Conference in Washington DC. I was scheduled to co-present two workshops with my friend and colleague, Marlene Martin. Unfortunately, Marlene was unable to attend and I was faced with the decision to cancel or take the lead.

When I became certified as an Inspired Learning Facilitator I made the commitment to share the Inspired Learning Model with the Literacy Community and anyone who would listen. Be careful what you ask for, you just might get it! I could hear a voice in my head, "Remember, you tell the tutors, it's wonderful to be prepared and have a lesson plan. Yet, life happens, things change and it's important to be flexible and meet the learner where they are! Ok, Sheila, it's time to practice what you preach! Remember to practice the guidelines and everything will be fine."

I had the privilege and opportunity to team up with Carol Valderama (Marlene's former learner) and we had a fun time presenting three workshops:

- Guidelines to Accelerated Learning: Creating a fun and safe learning environment
- Coach to Success
- Permission to Dream Big

It was an awesome experience integrating principles of the Inspired Learning Model into the workshops. Participants enjoyed the sessions and the evaluations were excellent. It was a wonderful opportunity to network with other Literacy Programs and learn what other people are doing globally to make learning a fun and successful experience. Thanks to Toni and the City of Watsonville, my dream to share the Inspired Learning Model at a National Literacy Conference came true!

Thank you, Marlene, for sharing the spirit of the Inspired Learning Model with me! It has been a magical journey!

Focus Group - Sheila Mitchell

The Focus Group (What you Focus on Expands) is a fun interactive Creative Goal Setting Group that has been expanding and evolving over the past 5 years.

Two years ago, I started implementing principles from the Inspired Learning Model, and have been amazed at the progress and accomplishments that the participants are sharing with each other. Creating a safe and fun learning environment through simple guidelines has been the key to accelerated learning. Because there is no room for criticism, participants gain confidence, build their self-esteem and actively participate in the learning process.

As a group, we explore belief systems and practice reframing challenges into learning opportunities. Communication skills are essential to identifying values, conveying ideas, developing positive relationships, creating and obtaining goals. Participants build upon their vocabulary skills, are encouraged to keep a journal to track their progress and share insights.

The fun and interactive group consists of conversation, book discussions, creative goal setting through treasure maps, collages, vision boards and other activities.

I especially want to acknowledge Lulu, Teresa, Dan, Mirtha, Laura, Felipa and Esperanza for your participation and for reassuring me how powerful the Inspired Learning Model is. Many of you have shared the positive changes that have taken place within your family, friends and work place because you have applied your knowledge and understanding in your life. Take time to reflect on all that you have accomplished this past year and start thinking about your goals for the New Year! If you can dream it, you can achieve it. Thank you for your inspiration and get ready for a magnificent New Year!

Inspired Learning Facilitators Forums

The Survey Results Are In

Thank you for responding to our survey.

The Inspired Learning Model Facilitator Forums are generally held the 2nd Wednesday of each month at 9:00 a.m. PST. We kept hearing that the morning schedule posed a challenge for many of you, so we decided to conduct a survey to determine how many people would prefer a 5:00 p.m. Pacific start time.

Out of 24 responses, 18 people indicated a preference for holding the forums at 5:00 p.m. and only 6 indicated they preferred the current 9:00-10:00 a.m. time frame.

Therefore, we have decided that, beginning on January 9, 2008, we will host the Forums from 5:00-6:00 p.m. PST. We will try this new time frame for the first six months and will review it at that time. If you cannot join us in the late afternoon, the forums will be recorded and posted on our website.

Editor's note: This month's Point of View article was written by an adult literacy learner - we include it verbatim. The classes she refers to were facilitated exclusively in the Inspired Learning Model environment.

Point of View - What Others Have to Say

Wonderful Changes in My Life - Lourdes Tapia

Have you ever taken a class that really changes your life in a positive way? My experience taking the Focus Class has been wonderful. It has totally changed my life in many different ways. First, the class has changed my belief system. Then it changed my personality. Later, it increased my self-esteem and confidence.

At the beginning, it all started when I decided to take a conversation class. My reason for joining the class was so that I would improve my English skills. The philosophy of the class was to practice ten Guidelines for Accelerated Learning. The purposes of the class were to practice, learn and discuss about different topics, read books at home and then share our experiences of the books with

the class. I was very happy with my decision because in this class not only could I improve my speaking and reading skills, but I also would be able to expand my thinking by listening to other people's opinions.

First, my belief system started to change when I learned new beliefs and methods to be happy, especially when I read *The Four Agreements* and *The Voice of Knowledge* books. In these books I learned that my old belief system didn't help me to be happy. Then I discovered that I could be as happy. I wanted only by practicing every day easy methods like being impeccable with my word, don't taking anything personally, don't making assumptions, always doing my best, and practicing the truth all the time. Also by listening to other people's opinions and learning from them. Later on, by practicing all of these wonderful things my old belief system changed. Now, my thinking is totally different and I feel happier with myself, my family, and my friends.

Then, the class helped me to change my personality little by little. I was learning something different during each class and I started to apply each piece of knowledge and new ideas to my life like: practicing positive affirmations, having good intentions, making new agreements with myself, practicing a positive focus, thinking positive thoughts, being grateful and thankful for everything that I already had in my life, and acknowledging myself for all my accomplishments. Also I made a vision board where I set all my dreams and goals, believing that everything that I wanted could be possible in my life. I was happy and excited about changing my personality but sometimes I had a hard time because my old personality was very strong in myself but in a short time I released it and let it go. Now, I feel better being myself and I enjoy more practicing my positive attitude.

*Later, the Focus Class helped me to increase my self-esteem and my confidence. Each class motivated me to go ahead. I saw *The Secret* video. In this video I learned a lot of methods of how to reach my dreams and goals. After, I started reading *How You Can Heal Your Life* book. In this amazing book I learned how to practice to love myself and take care of myself, just by doing some simple exercises in the mirror. I practiced telling myself nice things every single day. I practiced forgiving myself for things that I did wrong in the past and how to release the resentment within me. Also, I learned how to have the courage to ask questions and how to ask for what I wanted. I listened to other people's experiences in the class and also those experiences helped me to understand many things that I didn't understand before. I learned the topic about self-esteem and what were the principal necessities that a human being needs to have to improve his/her self-esteem. This knowledge was totally marvelous for me. I applied it to my life and it functioned.*

Another thing that really influenced my confidence was the safe environment that we created in the group. When I was talking about my experiences nobody judged, interrupted, laughed, criticized or gave me advice. Everybody listened to me with respect and attention. Those experiences helped me to improve my confidence a lot.

The Focus Class really changed my life in many positive ways. My belief system and my thinking changed a lot. The class made me feel happier. The changes of my personality not only transformed me, but I was able to enjoy myself and valued more my intelligence and capacities. When I increased my self-esteem, I did things that in the past I hadn't be able to do it because my self-esteem was very low. The class was really a miracle. I increased my confidence. I was able to ask for everything that I wanted. Also, I could share my opinions and experiences without fear. Now I am still taking this class because I like all the knowledge that I am learning and the wonderful changes that are happening in my life.

Has the Foundation for Inspired Learning Inspired You? We would love to include your article in a future newsletter. [Let Us Know What You Think!](#)

Acknowledging Our Board of Trustees

We would like to acknowledge Board Members *Marlene Martin, Robert Stack and Peter Szabo and Peter Reding* for their continued work during 2007.

Contributing to the Foundation for Inspired Learning

Your volunteer hours, financial support, taking a class or becoming certified are all important in furthering the Inspired Learning Model's reach into the numerous worlds of learning.

Thank you for joining us to "Celebrate Learning - Celebrate Life."

You can make a donation through Pay Pal at <http://www.inspiredlearning.org/support.php> or by sending a check to:
Foundation for Inspired Learning
8030 La Mesa Blvd #164
La Mesa, CA 91941

Marcy Johnsrude, Executive Director

Foundation for Inspired Learning

Email: editor@inspiredlearning.org

Web: <http://www.inspiredlearning.org>

Forward email

✉ **SafeUnsubscribe®**

This email was sent to editor@inspiredlearning.org, by

editor@inspiredlearning.org

[Update Profile/Email Address](#) | Instant removal with
[SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing
by



Foundation for Inspired Learning | 8030 La Mesa Blvd. Suite #164 | La
Mesa | CA | 91941