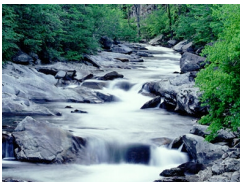




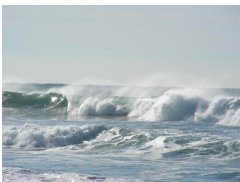
Introduction to IOE's Water Element Sessions

The IOE curriculum utilizes a variety of activities that target multiple learning styles. One advantage of the way we have packaged the curriculum is that all of the materials are in “alignment,” that is, each of the activities reinforces the basic learning goal for each session. With each session, there six S's representing the different activities that reinforce the session theme and learning goal – a **Soundtrack** (a song from popular music), **Scenario** (a film clip), **Synergy** (an interactive team-building exercise), **Scribbling** (a brief reflection essay and prompts for journaling), **Service** (an idea for planning a service project related to the session theme), and for faith-based applications, **Scripture** (providing a Biblical and theological framework). There isn't a script or an outline of how to organize the materials; each facilitator can pick and choose and order the activities to best suit the needs of the group at hand. The amount of time devoted to each activity can vary, depending on the energy and interest and time constraints of the group.

The IOE water sessions uses imagery of rivers, oceans, and lakes to explore knowledge, skills, and values of leadership. The river imagery serves to guide reflection on the knowledge base of self-awareness and identity. The ocean imagery serves to guide reflection on the skill set of active listening. The lake imagery serves to guide reflection on the value of courage.



Four rivers guide us through four river sessions and deepen our knowledge base of self-awareness and our understanding of identity. The river of truth (similar to the Styx river in Greek mythology) helps us explore how our influences and how we process our quest to be authentic and real. The river of change (similar to the mythological Phlegethon) helps us explore our experiences of transformation and how we deal with change. The river of woe (akin to the Greek's Acheron) helps us explore the our experiences of injustice and how we process anger. The river of wailing (as the myth's Cocytus) helps us explore experiences of loss and how we process grief.



The image of ocean waves as a metaphor for sound waves guides us through four sessions on the skill set of active listening. The various “waves” of this skill set include anticipation, attention, filtering, and feedback.



From Beowulf to Loch Ness, virtually every culture has its legend of a lake monster lurking beneath the surface. These mythological monsters serve as the guiding image through the four sessions on the value of courage.