What made the Buddha such an inspiring and effective teacher and how might you benefit from that?
Interested to learn or further enhance your own approach with inspired and practical teaching means?

In this course Sinhaketu uncovers & explores with you the core principles & processes through which the Buddha taught, relevant to your needs for engagement, creativity, meaning & satisfaction as an inspirer of the Dharma.

**Course Content:** Using the Participative Learning and Teaching Model, modelled from how the Buddha taught, learn how to;

- Connect with participants and inspire naturally from the heart
- Create a learning environment that is inspiring for optimum learning and enjoyment
- Gently transform any tightness or anxiety to enjoy communicating from a more natural ease and confidence
- Steer groups with purpose, and know how to keep and get back on track
- Be more resourceful and interact creatively and flexibly with individuals in the group
- Make group resources work for you to co-create a more integrated and satisfying learning experience

**Course process:** This engaging and fun packed course offers;

- A supportive, safe and enjoyable learning environment
- Fun and a light touch to facilitate your own learning
- A chance to share and learn from, and contributing to the learning of others
- Plenary, small group and individual learning contexts
- A chance to playfully practice and integrate new learnings

*Suitable for those newer to teaching and those more experienced*
**HOW the BUDDHA TAUGHT**

Learn to Connect and inspire naturally from the heart.

**INSPIRED DHARMA & MEDITATION TEACHING COURSE**

*Develop your own technique. Don’t try to use somebody else’s technique. Just discover your own. Be your own natural self. It’s the individual responding to the individual.*  
Milton Erickson

**WORKSHOP DAY PROGRAM**

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Having the opportunity and ability to communicate the dharma is indeed precious. For me, it has been a path in itself, providing a rich context for development and a means of forging a fulfilling connection with others.

I have a natural passion for sharing the Dharma, and have always been curious about how people learn and make meaning, the effects of language, and how community develops.

My approach to ‘teacher training’ is to move away from the classical ‘Teaching’ model, (often quite didactic) to a more human, interactive, flexible and enjoyable way of sharing the Dharma ..... leaving room for the person to be authentic to themselves, whilst having tangible approaches and tools to foster quality connection and a means to inspire meaningful learning.

Ordained in ’92. I was a member of Windhorse Trading in the good old pioneering days ’87 – ’95 where I taught at the Cambridge Buddhist Centre and started a number of outreach groups still going to today. I later moved to West Coast of Ireland and got activities going there. I was involved on the ‘Lighting the Flame’ project, a national initiative to enhance quality teaching in the order.

Sinhaketu is a skilled workshop leader. On his courses and workshops he encourages a space of open and kind enquiry, where the process of arriving at the truth is as important as the truths that are reached. And you get a sense that he, himself, deeply embodies this enquiry in how he lives his life. I would highly recommend his workshops and have learned a lot from them!

Vajrasura / Dublin

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