

Resiliency Training

M O D U L E 5

FIELD WORK

Your Field Work is to try out some sound baths or binaural beats referenced in the lessons of Module 5.

Remember, it's not just any sound! Specific frequencies produce different brain waves and trigger a rest/digest response from your nervous system - and listening in stereo with speakers or headphones is key. There is actually some pretty interesting stuff going on when the body interacts with sound. Ready to experiment with it yourself?

Create Field Work for yourself that includes:

- Trying out some sound baths - you can find some here on the [Freedom, Growth & Joy YouTube channel](#) or one of my favorite sound bath [YouTube channels](#), [Healing Vibrations](#). These are also linked in our online course in Module 5.
- Try out listening to specific binaural beats that target what you're looking for - focus, serotonin, etc. My go-to YouTube channel is [Magnetic Minds](#). This link is also found in our online course in Module 5.

RESILIENCY TRAINING

MODULE 5

FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
			<input type="radio"/>
			<input type="radio"/>

RESILIENCY TRAINING

MODULE 5

FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

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FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What positive results did you experience?

What surprised you?

What didn't you enjoy?

What will you do going forward now that you've worked with this?

Other notes you'd like to capture/share?

KEY TAKE-AWAY