

# Connect and Thrive Program Outlines

These outlines present the week-by-week structure for the Connect and Thrive Regeneration Steward Intensive and the 10-Week Foundation Program. Both programs integrate experiential and narrative learning through the three learning domains of Nature Connection and Earth Regeneration, Prosocial Connection and Community Regeneration, and Universal Connection and Human Regeneration.

## 3-Week Regeneration Steward Intensive

### Week 1 — Ecological Awareness and Human Capacities

Introduction to the regeneration transition, ecological literacy, tracking and observation, systems awareness, sensory development, the River System of Human Time, place-based learning, mapping practices, and foundational experiential learning methods.

### Week 2 — Prosocial Systems and Community Regeneration

Collaborative learning, governance and facilitation, communication practices, mentorship, conflict navigation, role diversification, systems mapping, regenerative social organization, and cooperative problem-solving.

### Week 3 — Universal Connection and Integration

Narrative learning, Two-Eyed Seeing, meaning-making systems, interdisciplinary synthesis, curriculum integration, stewardship projects, future-oriented learning, and personal and community application.

## 10-Week Foundation Program

### Week 1 — Orientation and the Regeneration Transition

Introduction to the program framework, the regeneration transition, the River System of Human Time, experiential and narrative learning, and the three learning domains.

### Week 2 — Observation and Ecological Literacy

Tracking, sensory awareness, ecological observation, pattern recognition, carrying capacities, and systems awareness.

### Week 3 — Mapping and Systems Thinking

Bird's-eye-view mapping, systems mapping, conceptual integration, spatial awareness, and ecological relationships.

## **Week 4 — Human Development and Learning**

Evolutionary perspectives on learning, biologically primary and secondary learning, mentorship, intergenerational learning, and developmental foundations.

## **Week 5 — Prosocial Cooperation and Community Systems**

Communication, governance, cooperation, conflict navigation, collaborative inquiry, and community regeneration practices.

## **Week 6 — Nature Connection and Regenerative Economies**

Regenerative land relationships, stewardship systems, ecological continuity, and long-term resource relationships.

## **Week 7 — Universal Connection and Meaning-Making**

Narrative systems, symbolic learning, Two-Eyed Seeing, knowledge systems integration, and human perspectives across cultures and disciplines.

## **Week 8 — Education Foundations and Curriculum Integration**

Applying the framework across disciplines and age groups, experiential curriculum design, mentorship structures, and educational implementation.

## **Week 9 — Stewardship and Applied Practice**

Field-based projects, collaborative leadership, reflective practice, systems application, and regenerative participation.

## **Week 10 — Synthesis and Long-Term Application**

Integration of the three domains, final presentations, personal and professional application, and participation within regeneration transitions.

Both programs combine direct field experience, collaborative learning, ecological observation, systems thinking, reflective dialogue, and narrative inquiry within forests, rivers, mountains, coastal regions, and rural communities in Canada, Spain, and France.