



## BIG MUSE ONLINE LEARNING EXPERIENCE Sample Program

*With everyone gathered around their computers, the experience begins: “Ladies and gentlemen, introducing The Big Muse Online Learning Experience”*

First, I’ll introduce myself, and the reason for us gathering together virtually. I’ll then speak briefly about the nature of fear, in particular the little voice in our minds that I call MARV—**Majorly Afraid of Revealing Vulnerability**—that seeks to keep us paralyzed from taking action. I’ll also discuss some very practical ways to override fear’s control over us.

*Next, we’ll get into some hands-on creative work.*

### **Mental Door Opener One** — *Considering Beauty*

(I’ve written about the relevance of this exercise here in [Forbes](#).)

- **I ask participants to reflect on a time they were deeply moved by some aspect of beauty.**
- **How does this work in our online format?** Ideas can range from engagement with nature, moments with loved ones, or a deeply felt expression of devotion. Then I ask the group to draw a quick sketch of the experience. We would pick four or five of these to share with the rest of the group. (The selected art can be emailed to the host and broadcast to all participants. Alternatively, we can also use screen-sharing and allow you to administrate the process). We might even ask the “artists” to go live and speak about what led them to choose their particular subject matter.

### **Mental Door Opener Two** — *Write Your Song*

- **I ask participants to think about their most perfect day. It could be something they’ve actually experienced, or something aspirational.**
- **How does this work in our online format?** We will share some ideas within the group. Then, after quickly teaching participants how to write a short verse of song lyrics, we choose four or five of them to present to the group. I will then grab my guitar and immediately improvise a melody to each of the selected songs. Some reggae, some folk, some funk...

*The Big Muse Online Learning Experience will end with a rollicking jam session and a few parting words from me and a leader from your organization.*