

STEP 1 INTRODUCTION: You (re)introduce the skill.

1 MINUTE

STEP 2 INSTRUCTION: You explain & demonstrate the skill.

10 MINUTES

SAY WHAT | 5 MINUTES



SHOW HOW | 5 MINUTES

STEP 3 INTERACTION: They experience the skill.

5 MINUTES

STEP 4 CLOSURE: You crystallize the skill.

1 MINUTE