

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet



Supplemental Reading – Module One

Facilitator’s Overview for *The World Peace Diet* Study Groups

Thank you for your interest in facilitating a course on *The World Peace Diet*, and in other ways spreading this transformational message. Welcome to this brief Facilitator’s Overview for *The World Peace Diet*. Countless beings—animals, future generations, hungry people, and untold others—thank you for caring enough to make an effort to bring compassion and understanding to our world.

As a course facilitator, the main thing to remember is that you do not have to teach the material. You are a facilitator, and the book, the group, and the context will do the work. You can *relax* and focus on creating a safe space for this to happen. You will have your own unique interests and strengths in presenting the material, and in encouraging participants to authentically engage with the ideas in *The World Peace Diet*. Please allow these strengths and interests full play in your presentation of the material, while still staying true to the ideas and spirit of the text.

You can structure the class as you and your participants prefer. One standard approach would be to offer the course on a weekly basis for a certain period, for example, over seven consecutive Tuesday nights from 7:00 to 9:00 p.m. The format is potentially quite flexible, in that it could be successfully presented as a weekend intensive, or as a 15-week course of study. Additional course time would allow delving more deeply into the material and deepening it with, for example, supplemental readings, viewings and discussions of videos, field trips, potlucks, recipe sharing, and cooking instruction. You have full latitude to create the course however you think would be most effective and enjoyable for you and the people in your course. You could offer a basic course, and follow it up with an advanced course, for example. You could also brainstorm ideas with other course facilitators by email or on the web. The sky’s the limit! We have good seeds to plant!

As the course facilitator, you are also free to charge whatever you feel is appropriate for the course. You may wish to offer the course for free or on a donation or love-offering basis. Or you may wish to charge a fee or have a suggested donation. And though we all want to reach as many people as possible with the vegan message of *The World Peace Diet*, you are certainly entitled to be reimbursed for your time and efforts, so feel free to charge for the course if you wish, since you are providing a valuable service. An example might be \$120 for a 6-week course, or whatever. If you offer specialized instruction in the course, such as vegan cooking instruction, you might want to charge more.

Ideally, the course will provide participants with an in-depth understanding of the theory and deep structure of veganism, and an appreciation of its importance. In addition, the course will hopefully provide practical instruction and tips for successfully transitioning to veganism, procuring vegan foods, and preparing tasty and nutritious meals. You as the facilitator are one source of these understandings, but never underestimate the power of group synergy in a class setting. Students will ideally learn a lot from each other in the class through questions and discussions. As facilitator, you can promote this empowering process of students sharing authentically and learning from each other. Often it's best not to merely answer a question but to take time to explore the question together more deeply, encouraging class members to offer their perspectives and bring the material to life.

Also, we are fortunate to be able to draw upon the experience and insight of Mark Stroud, who has successfully facilitated many courses on *The World Peace Diet* in Cincinnati, and of Leah Griffith, who is the World Peace Diet facilitators' coordinator. She is happy to help you with any questions you may have, and her email address is leahgriffith4@yahoo.com. Mark has created an excellent Course Study Guide with additional resources for offering and facilitating a study course on *The World Peace Diet*. You can email Mark at forrest999@earthlink.net. Please contact me of course as well if you have questions, and we would like to also create more avenues of communication among WPD facilitators, so if you have any ideas, please let us know! In addition to all this, I have created two self-paced internet-based WPD trainings, which are available through www.worldpeacemastery.com. The daily Veg Inspiration For The Day is available through www.worldpeacediet.com. We also have a sister website, www.circleofcompassion.org, which hosts our Worldwide Prayer Circle For Animals and our new 501c3 non-profit organization, the Circle of Compassion. More resources are coming!

I am delighted to provide anyone who would like to facilitate a study course on *The World Peace Diet* with this basic overview and the short list of study questions that you can use in the class to help generate discussion and deepen understanding of the material. I am also happy to provide signed copies of the book at a discount to anyone who is offering the course. You can re-sell the books to participants in your course for whatever price you feel is appropriate. To

order copies of *The World Peace Diet* at a discount, please go directly to our Quantity Discounts webpage: www.worldpeacediet.org/quantitydiscounts.htm, or send an email to willtuttle@earthlink.net or call 800-697-6614.

Thanks again for your interest in facilitating a course on *The World Peace Diet*. It is a noble undertaking, and I wish you all success in your efforts!

For the benefit of all beings,

Dr. Will Tuttle
willtuttle@earthlink.net
800-697-6614 - voice mail
1083 Vine Street, Healdsburg, CA 95448