

Week 1

Introduction:

Class logistics, “inoculation material” (homework), what to expect, etc.

Content

The big “Aha”, We CAN do this! We can rebuild soil, replenish water cycles, and reverse global warming.

Public Speaking Techniques

Discovering your “why” and origin story. In public speaking, it is extremely useful to relate to your audience by sharing why you are passionate about this particular subject (the catalyst story of why you are there). It is important for you to be empowered by that story as well.

Week 2

Content:

Comparing Degeneration to Sustainability and Regeneration. Humans have been living in a degenerative relationship with nature. Our reaction was sustainability. But will sustaining an already degenerated planet do? Why “Regeneration” is our best option and what it means.

Public Speaking Techniques: Being with your audience and being yourself. How it feels to share comfortably vs the feeling of high stakes and pressure. Identifying your preferred subject areas.

Week 3 (Field Trip- Garden immersion day)

Content: Building Healthy Soil - Photosynthesis and Carbon sequestration. Learning how plants and soil organisms work together to build healthy soil. A “technology” with over 500 million years of research and development (R+D).

Public Speaking Techniques: Building comfort with explaining topics that are new to you. How to engage the audience with questions. Plus, relating to the audience from where you are versus pretending you are an expert.

Week 4

Content: How to compare Degenerative Agriculture to Regenerative Agriculture. Compare and contrast the different agricultural practices for building topsoil versus losing topsoil. Understanding the basic principles of regenerative agriculture.

Public Speaking Techniques: Designing your presentation. Choosing key talking points that you relate to - stage one of choosing your subject matter

Week 5

Content: Healthy soil leads to restored water cycles. Understanding the technical potential of restoring small water cycles, recharging groundwater and transforming climate through a focus on the plant-soil-water connection.

Public Speaking Techniques: “Table Topics” exercise. Are you saying what you want to say? Sharing your presentation concept - pick week 6 or week 7 for your presentation

Week 6 (Field Trip- regenerative farm/ TBD)

Content: Healthy soil = healthier you. We depend on the nutrients in the food we eat to reach our optimal health, and all those nutrients are made available by soil biology. Learn how to present the similarities between the human microbiome and the soil microbiome.

Public Speaking Techniques: Your presentation - Group 1 - each student will have the opportunity to give an 8-minute presentation (½ the class) Online students can submit a phone or computer video recording for review.

Week 7

Content: The Big 6 Benefits of Healthy Soil. Carbon sequestration, food security, health, water infiltration/restoration, biodiversity/ecosystem services, farmer prosperity.

Public Speaking Techniques: Presentations Group 2, practice, practice, practice