



# How to deliver engaging and sustainable online learning

Dr Hennie Geldenhuys

Dr Kendra Diaz-Ford

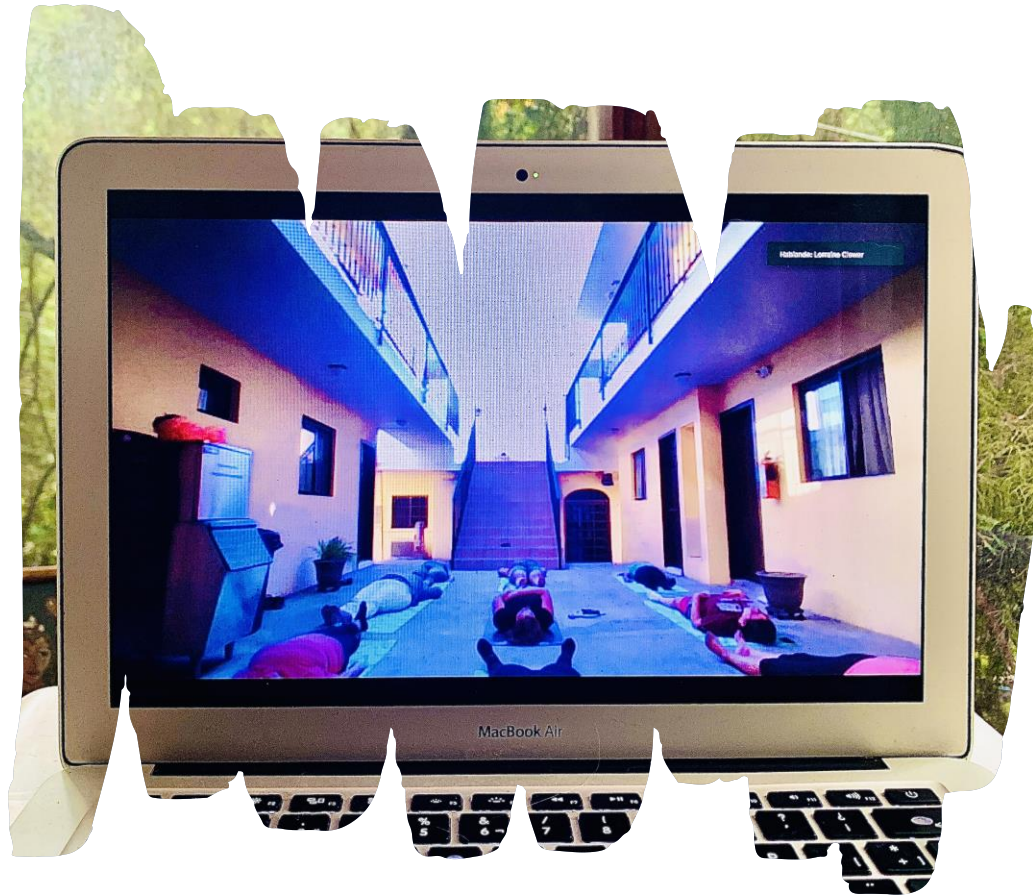
Dr Jessica Bockler

# Alef Trust

- Professional certificate programmes, Master's & PhD
- Integral and transpersonal psychology & consciousness studies
- Our programmes are 100% online
- 250 active students from 40+ countries
- Cohort sizes: 40-60
- Platforms: Canvas, BBB & Sutra



# Key Principles



- ✓ We combine traditional academic study with **experiential** and **applied** work to enable a holistic and **embodied** approach to online study.
- ✓ We create **supportive learning communities** in each programme, making sure everyone feels seen & heard.
- ✓ We mirror this for staff through **close-knit pastoral and teaching teams**, reflecting on unfolding dynamics in modules & across cohorts.



# Personal Tutor and Well-Being Support

- Recognition of the whole person as the student
- Well-being and learning webinars throughout the academic year
- Bi-monthly group meetings to foster peer-to-peer engagement and community and individual 1-1 sessions with personal tutor
- Well-being resources continually added and revised
- One to one well-being sessions

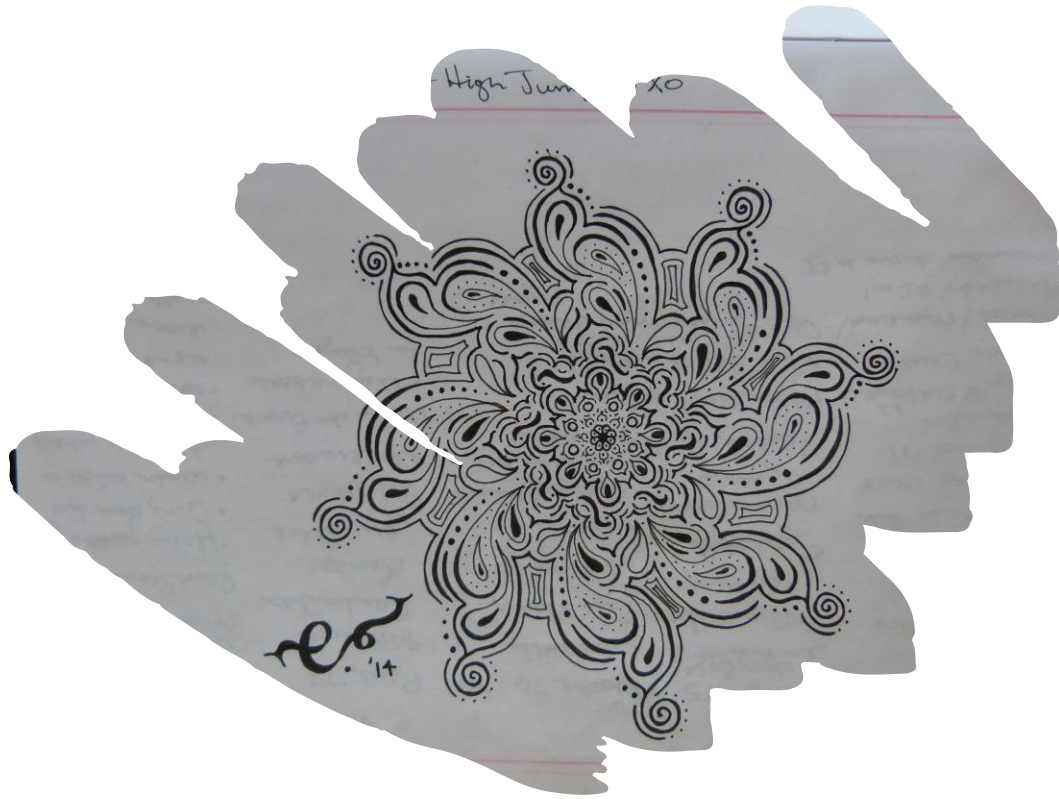


# Learning through Integrative Practice Module Example



- Year-long module offered in the first year of our Master's programme in CSTP
- Holistic online learning, combining intellectual study with applied experiential engagement
- Webinars consist of both teaching webinars and practice webinars
- Focus is on transformative learning, integrative practice and self-reflective processes
- Assignments require embodied writing skills - fostering the capacity to critically analyse and reflect upon personal narratives

# How do we make the online environment more accessible & personal?



- ✓ **“Mindset”**  
*How we plan, organise, and support  
User-friendly technology platforms  
Communication & resources*
- ✓ **“Heart-set”**  
*Attitudes, receptivity and passion  
The organisational culture  
Open to all forms of creativity and imagination*
- ✓ **“Body-set”**  
*We aim to ground teaching in the body and  
in the here and now*
- ✓ **“Spirit-set”**  
*Purpose, vision, the continual realization that we part of  
something much bigger, pausing for the mystery to unfold*

**What is your experience....?**

