

Syllabus for CPM Class with Dr. Rao

The traditional CPM course consists of three weekend meetings in person in New York (Long Island) and virtual meetings between. The course includes a mix of presentations by Dr. Rao, small group breakout sessions, Q&A and discussion sessions, short videos, participant presentations, and whole-group sharing circles that open and close the in-person modules.

CPM learning follows a pattern:

- Exposure to a basic principle of the CPM class
- Discussion of that principle
- Small group discussions to dive deeply into how that principle applies in your life
- Work during the week to practice that principle and journal
- Reflect and report your progress in writing in an online forum twice a week
- Group discussion and reflection
- Next basic principle (and repeat)

Before your first weekend you will have some prework to do to help you get ready for the start of the class:

- Personal essay
- Five Expectations - Topics you would like to see covered in the program
- Journaling
- Reading

Each CPM course is unique; every time it's offered, the participants create something new within it. What follows is a general outline of the weekend modules.

Module 1: Your Mental Matrix

Friday Evening:

- Group Dinner
- Personal Introduction Circle

Saturday:

Morning

- The Problem We Are Solving
- Mental Chatter and Alternate Realities

Afternoon

- Happiness
- Process vs. Outcome

Evening

- Fulfillment

Sunday

Morning

- Mental Models in Society

Afternoon

- Gratitude
- How-To for CPM Exercises Between Modules
- Farewell Circle

Module 2: Self and Others

Friday Evening:

- Group Dinner
- Circle Share

Saturday:

Morning

- Emotional Hygiene
- Congruence with Values

Afternoon

- Open Space Format

Evening

- Presentations

Sunday

Morning

- Mindfulness

Afternoon

- Metta
- Farewell Circle

Module 3: Who Are We?

Friday Evening:

- Group Dinner
- Circle Share

Saturday:

Morning

- Guest Speaker

Afternoon

- Questions of Control
- Benevolent Universe

Evening

- Who Are We?

Sunday

Morning

- Who Are We? (cont'd)
- Continuing CPM In Your Life

Afternoon

- Farewell Circle