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### **Capstone Statement #3**

In the third semester of my program, I had the wonderful opportunity to work with Boostcamp (later changed its name to Thrive!), a local organization that designs and facilitates mindfulness workshops combined with business training. I chose this artifact because it represents putting theory into practice, which I very much enjoy. At this point, the old dog has learned to roll over, her first big trick. But she has so much more to learn to make the stunt truly amazing.

Boostcamp/Thrive's business model is to begin training with mindfulness exercises that put participants in a relaxed, focused state of mind. This relaxation results in better learning and retention of knowledge. Plus, it teaches new mindfulness skills that attendees can use wherever and whenever they'd like, both personally and professionally.

In reality, mindfulness was a new subject in the corporate and academic world at the time, so most of the trainings offered were simply Introduction to Mindfulness workshops, without any business skills training added.

Since my practicum took place during the early stages of the business, I was able to see the company define and market itself. I was in a unique position to learn what was done right, as well as what I would do differently. For example, I learned that the sales side of a business demands a thick skin and the ability to openly ask for business, once you feel the relationship has evolved to that point. The founder and CEO of the company was fairly mild-mannered and sometimes had a hard time "going in" for the sale during my tenure.

In terms of reflection, I wish I had completed more classes in the program before the practicum. I definitely incorporated my personal philosophy of learning, by including Humanist and Knowles' principles of andragogy into the modules I co-designed, but I learned so much more about instructional design and my own personal teaching philosophy in later semesters. The workshops would look completely different today, especially utilizing what I learned from world-renowned adult educator Jane Vella. She stresses social constructivism and believes participants can and should create knowledge by solving their own problems. Looking back, incorporating this knowledge into the designs would have resulted in much more meaningful, reflective outcomes for participants.

The practicum completely solidified why I chose Adult Education for my master's program. I thoroughly enjoyed every workshop we conducted, although some more than others. Turns out millennials prefer learning from people their own age (we researched this after having some not-so-great programs for this age group). I learned I would like to work more with senior citizens (age 65 and older); they were so receptive and appreciative of our efforts every class.

I am so grateful I had this opportunity, and if I ever decide to start my own health coaching cottage industry, what I learned about starting a business will be invaluable. I still meet regularly with the Boostcamp/Thrive CEO. We are currently contemplating the design of an online mindful career class series.

