

# **Guidelines for teaching "FASCINATING WOMANHOOD"**

**(Home study groups and formal classes.) May 2009**

**By David Coory, author of the book [Secrets of Fascinating Womanhood](#) based on feedback from successful teachers of Fascinating Womanhood.**

Teaching Fascinating Womanhood, as a leader of a home study group or a formal class, is a rich and rewarding experience. These guidelines apply to both methods.

Formal classes are always best followed up with home study groups and the self correcting Diploma Course (to be put on-line later in 2011). Your students should continue in a home study group until Fascinating Womanhood becomes second nature to them. This can take up to two years.

## **TEACHER QUALITIES**

### **Be cheerful and caring**

To teach Fascinating Womanhood effectively you must be convinced of the truth of Fascinating Womanhood and have a cheerful and caring personality. You must be able to lift the spirits of women who are depressed and not allow yourself to be discouraged by women who are not yet ready for Fascinating Womanhood.

It is important that you really get to know and love your students and maintain a positive tone throughout your classes .

This can be done by interviewing them one on one, visiting them in their homes, meeting their families, speaking with others who know them well, sharing activities with them, and such like.

### **Use two teachers**

It is best to have two teachers for each group or class. This widens the number of experienced teachers, and you can learn off and stimulate each other by observation and mutual feedback. It also provides a back-up teacher in emergencies and helps prevent bias creeping into the lessons.

At first it can be a good idea to alternate teaching between the two teachers, however in time the natural talent of one teacher may make her the obvious choice to be the main teacher and the other person the assistant teacher. The assistant teacher can be invaluable in observing and offering suggestions, reminding the main teacher of points she may have omitted, and generally keeping things flowing smoothly.

## **TIME AND PLACE**

### **Be consistent**

You can hold classes or home study groups weekly, fortnightly or monthly. The important thing is consistency, same time, same place.

Have a discussion and show of hands at the first meeting as to the best time, day, place, regularity. Try and choose that which suits the majority.

Always try to start and finish on time.

### **Minimise distractions**

Try and choose a place that is quiet and free of distractions. The presence of a man can seriously inhibit your group and is not recommended, except perhaps as a guest speaker. Even

then he should not sit in through the whole class. Children are also a distraction that should be avoided where possible.

You may wish to use a white board or chalk board for your teaching style. Alternatively, pre-writing key words, phrases, or doing hand drawings or cutting out colour pictures, and then dramatically sticking them up on a board or wall in front of your class with tape or bluetak at the appropriate teaching moment can be most effective.

### **Class size**

Not too large. Two to twelve students depending on facilities.

### **Fees**

You can set a moderate charge to cover costs if you desire.

Or print off copies of the book and bind them and sell them. A free download PDF edition is now online at [www.healthhouse.co.nz/freestuff.aspx](http://www.healthhouse.co.nz/freestuff.aspx)

If selling books it is always best to collect payment before handing over the book. This avoids later embarrassment.

Never teach primarily to earn money. It does not work. Love must be your main motive.

## **PREPARING YOUR LESSON**

### **Prepare well in advance**

Prepare for each class at least two days in advance, preferably five days. This allows time for good teaching ideas to pop into your head. Better still, be a whole lesson in advance so that as you teach one lesson you are able to prepare your class for the following lesson.

### **Prayer**

Remember that Fascinating Womanhood is Christian-based, therefore it is appropriate that you seek divine guidance through prayer. The long term success of your class depends on inspiration, good teaching and a truthful foundation.

As you prepare your lesson, and as you teach, sincere prayer beforehand will help enormously, giving you extra insight, ability, and good ideas. Pray lovingly for each of your individual student's needs. Be specific and you will see many miracles.

Pray for revelation and guidance on all matters pertaining to your teaching. Be humble and brave enough to heed the prompting of the Holy Spirit, even if it is contrary to modern day opinion, or your own previously held ideas.

A true spiritual prompting will stay with you day after day and grow stronger, whereas an impulse will usually begin to die away after a few hours, or overnight.

The life changing work of saving marriages is desperately needed, and God will support you fully if you approach him in humility.

### **List all your main points**

For your lesson outline, list the main points found in the summaries at the back of the Secrets of Fascinating Womanhood book.

For example, if you were preparing to teach a lesson on Acceptance you would perhaps list the main points as follows:

- 1. Accept him as he is.*
- 2. Look to his good side.*
- 3. Don't try to change him.*

4. *Allow him his freedom.*
5. *Make up a list of his virtues.*
6. *Summary.*
7. *Assignments.*

These will be the main points you are to teach your students.

As every woman in your class should have a copy of the book *Secrets of Fascinating Womanhood* it is best that you also try and provide some fresh material. Perhaps your own or other women's experiences.

Also make a list of possible objections you may encounter and prepare answers for them. For example, during the above lesson on Acceptance you may encounter resistance from women who have been deeply hurt by alcoholism, infidelity, or physical abuse.

### **Keep it simple**

Avoid cramming too much into a lesson. Keep it clear and simple and allow time for a summary. Each of the above five main points could even be a lesson in itself.

### **Share true stories**

Stories are always popular, so keep your eyes and ears open, and listen to the experiences of as many women as possible.

The Diploma Course (to be hopefully put on-line later in 2011) contains new stories. As you teach you will hear many beautiful new stories. Write them down in a book while they are still fresh in your mind. Writing them down not only preserves them for future lessons but impresses them into your memory so you are better able to recall them spontaneously.

### **Read widely**

Read widely, and quote from other books, including the Bible, but always stay focused on the point you are teaching.

Do not introduce any material, no matter how good, that does not bear directly on the truth you are trying to get across.

### **Organise skits.**

Skits (or role plays) are always entertaining and help relax and involve your class members.

Skits often show first the wrong way, then the right way to do things, and can be highly amusing. Use the natural actors in your group.

Humour also helps to diffuse the hostility some women feel towards *Fascinating Womanhood*. You may wish to video tape the more successful skits for future use.

### **Use testimonies as often as possible**

Testimonies are powerful in changing behaviour. Assign a present student or past student, or any woman who has enjoyed success in the principle you are teaching, to testify how living the principle under discussion has helped her marriage.

Check the details of what she plans to share beforehand to ensure it is relevant, and always hold her to a time limit.

## **TEACHING YOUR LESSON**

### **Set ground rules**

With good humour lay down the two following rules for your students:

1. *No criticising husbands in class.*
2. *No monopolising time by talking too long.*

Ask your assistant teacher to monitor the second rule by doing something funny like squeaking a toy or blowing a whistle if someone talks too long. Do this often at first so that nobody gets too embarrassed and the message gets through.

Monopolising of time by one or two class members can be a major problem, so be firm.

### **Be relaxed and informal**

Encourage an informal and relaxed atmosphere with everybody on a first name basis. In a large class, name labels for the first few lessons can be a good idea.

Serving light refreshments before starting a lesson can help relax a class.

Appropriate prelude music as the students are arriving can also greatly enhance the atmosphere of a class.

Singing by the group can uplift spirits.

### **Ask questions**

The best way to teach is to involve every student by asking stimulating open-ended questions. For example:

What do you think...?

Have you ever thought...?

How would you...?

How does this sound...? etc.

Asking questions is the life blood of teaching.

Draw out a quiet student by directing simple questions to her by name. Try and give enough clues so that your question is answered correctly, then commend her by name for giving the right answer.

Ensure that everybody contributes something in every class.

Ideally the class should do more talking than you do. However do not compromise Fascinating Womanhood principles.

Remember you are teaching truth. If an answer is clearly wrong say so. Try not to unnecessarily embarrass any woman, but there is sometimes a need to be blunt.

### **Avoid lecturing**

Make your class or home study group more like a discussion, or a stimulating conversation.

Keep to the point. Avoid lecturing or using 'I' too often, except when sharing a personal experience.

Keep the reading in class to short, relevant passages.

### **Use interesting teaching methods**

The following are a few of the varied methods you can use to get your points across:

Thought-provoking questions

Testimonies

True stories

Parables

Skits

Comparisons

Demonstrations

Pictures

Songs

Hymns  
Videos  
Husband-wife dialogues  
Contrasts  
Examples  
Guest speakers

### **Communicate enthusiasm**

Cheerful enthusiasm is priceless and a great asset to your teaching.

Self-effacing humour will also increase your students warmth and affection for you. Start your class with a broad smile and smile often as you teach.

Strictly avoid negativeness of any kind.

### **Speak slowly**

Speak more slowly than normal. This will help you relax and think more clearly on your feet and also help your students better absorb what you are saying.

Make constant eye contact with all your students to monitor their reactions to your teaching.

Try also to teach without referring to a book or notes in your hand.

Use plenty of movement and body language to hold attention.

Try and create word pictures in the minds of your students by using vivid sentences.

Analysing your teaching style on video can result in great improvement.

### **Build self esteem in your students**

Express genuine love often for your students, and continually remind them of their strengths and their worth in the eyes of God to help them overcome discouragement.

The self esteem of a woman experiencing marriage breakdown will be low and she will need your help in rebuilding her confidence.

You will be amazed how the personality of a discouraged woman will blossom in an atmosphere of unconditional love and encouragement. Listen for a musical lilt to come back into her voice instead of a depressed monotone.

Draw attention to the talents and skills of your students. Go out of your way to discover what these are.

### **Encourage questions from the class**

Encourage questions and feedback from your class. This is how you gauge their present knowledge of Fascinating Womanhood.

Be firm about deferring questions that do not concern the point being taught. It is important that you stay on track and teach only the main points you listed when preparing your lesson.

If you do not know the answer to a question, open it up to the class for discussion. If that does not provide a satisfactory answer, assign a student to research it and report back during the next class, or promise to do so yourself.

### **Summarise the main points**

Leave enough time to summarise the main points you have discussed throughout your lesson to cement them home.

Never hurry through a matter that is creating a lot of interest just to finish the lesson. You can devote several lessons to each secret if necessary. It is better to teach one point thoroughly than to half-teach several points.

Disciplining class time is often a teacher's most difficult task. If you do not have time to properly teach a principle, defer it until the next class.

### **Assignments**

Insist that all assignments be done. Obtain a commitment from them by using the term, "Will you do it?"

Be firm with students who procrastinate. This is probably your most important role. Phone them between classes to encourage them if necessary.

Stress that the rewards of Fascinating Womanhood will only come by doing their assignments. Commend each woman personally as she completes her assignments.

### **Share experiences**

Encourage your class to share their positive experiences. Be sensitive to the feelings of shy reserved women, but encourage them to speak nevertheless. It is a great confidence builder.

Testify often of your own success with Fascinating Womanhood.

### **Encourage friendships**

Encourage your students to link up in a buddy system by fostering friendships and shared activities outside of class meetings. Suggest they contact each other and share the joy of their successes, or to comfort one another when they feel discouraged.

May God bless you and may you receive deep satisfaction and inner joy as you engage in this great and worthwhile work of healing and enriching the marriages of your nation.