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Guide:	Jamil	jmott@yieldcamp.org
Customer:	Open to Public
Size of group:	*TBD*
Location: (3 month cert)	*Hybrid – **36** hours of class time (in-person)	**24** hours of field work (in-person)*
	__20__ hours of media (video/podcast)
Time:	*TBD*
Weather date:	*N|A*
Duration:	**80 hours**

Scalability:		
I hour virtual preview		$150/person
Full day (5 hour) in-person interactive overview		$320/person
3 day immersive training (CNIT only)		$800/person
3 month certification (4 Saturdays/month for 3 months)		$2750/person

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CERTIFIED VOLUNTEER PARK STEWARD & MASTER STEWARD OUTLINE

PROGRAM:	**CERTIFIED PROFESSIONAL MASTER STEWARD**
THEME/MISSION:	To provide better care for self by providing better care to the community through providing better care for the environment.
GOVERNING PRINCIPLE:	Compassion – Sympathy and care based on empathy for a community and environment.
LENS:	WELLNESS
STRATEGY:	STEWARDSHIP
GOAL:	TO LEVERAGE ECO-EMPOWERMENT FOR WHOLISTIC SUSTAINABLE GROWTH
AREAS OF IMPACT:	ENVIRONMENT, COMMUNITY, OVERALL WELLNESS, ECONOMIC, MENTAL HEALTH
DUTIES OF:	TRASH/DEBRIS REMOVAL, INVASIVE VINE REMOVAL, PARK AMBASSADOR, TRAIL MAINTENANCE, STORM WATER BMP MANAGEMENT, VOLUNTEER COORDINATOR
BEST PRACTICES FROM:	MASTER NATURALIST, CONSERVATION LANDSCAPING, OUTDOOR PROGRAMMING, STEWARDSHIP, STORM WATER MANAGEMENT, TRAIL MAINTENANCE, ENVIRONMENTAL CONSERVATION, OUTDOOR EDUCATION, NATURE INFORMED CARE

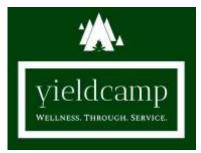| **OBJECTIVES**	**MEASUREABLES**
1. EXTRACT RELEVANT ENVIRONMENTAL CONSERVATION PRACTICES	TESTS, EVALUATIONS & FIELD WORK
2. EXTRACT RELEVANT NATURE INFORMED CARE PRACTICES	PROGRAM DESIGN, EVALUATION & FIELD WORK
3. EXTRACT RELEVANT NATURE INTERPRETATION PRACTICES	DEMONSTRATION, EVALUATION & FIELD WORK
4. CONNECT COMMUNITIES TO NATURE	PROGRAM PARTICIPATION & PROFICIENCY INCREASE

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DESCRIPTION: CLASS / TRAINING SYLLABUS AND OUTLINE

I. ENVIRONMENTAL BEST PRACTICES

    a. YIELDING – design, manage and maintain in accordance to the existing natural landscape
- i. What is YIELDING in design
- ii. What is YIELDING in management
- iii. What is YIELDING in maintenance
- iv. Recognizing the landscape
- v. Identifying resources in the landscape
- vi. Utilizing the 10 Cs
- vii. Knowing what not to do

    b. LEAVE NO TRACE - principles and interpretations
- i. Plan ahead and prepare / be organized
- ii. Hike and camp on durable surfaces / be compliant
- iii. Dispose of waste properly / be good stewards
- iv. Leave what you find / be a producer not a consumer
- v. Minimize campfire impact / be present
- vi. Respect wildlife / be compassionate
- vii. Be considerate of other visitors / be respectful

    c. TRASH/DEBRIS REMOVAL, REUSE AND RESOURCING
- i. Removal standards and best practices
- ii. What is REUSE
- iii. When to implement reuse
- iv. How to reuse
- v. What is resourcing
- vi. When to resource
- vii. How to resource

    d. INVASIVE SPECIES REMOVAL – best practices
- i. What is an invasive – flora/fauna
- ii. Invasive tools and standards
- iii. Pre-post invasive removal practices
- iv. Post removal management (flora)
- v. Removal effort monitoring/reporting (fauna)
- vi. Community Engagement Opportunities
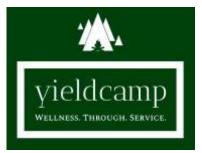- vii. Entrepreneurship and economic opportunities

    e. PLANT & ANIMAL IDENTIFICATION – tracks, trails, nests and dens
- i. Animal tracks and trails
- ii. Animal nests and dens
- iii. Identifying danger
- iv. Identifying teaching moments
- v. Tracking
- vi. Identifying and handling dead zones
- vii. Identifying and handling infestations and blooms

    f. TRAIL MAINTENANCE & VOLUNTEER COORDINATOR
- i. Trail types and uses
- ii. Trail maintenance
- iii. Trail creation
- iv. Trail project identification
- v. Trail project management
- vi. Safety protocols
- vii. Permissions, releases, emergencies and conflict resolution

    g. BMP (BIORETENTION) – implementation, maintenance and adaptive management strategies
- i. What is a BMP
- ii. BMP regulations
- iii. Types of Bio-Retention BMPs
- iv. BMP checklist
- v. BMP inspection and evaluation
- vi. BMP wellness adapted management
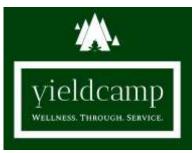- vii. Monitoring and reporting

II. NATURE INFORMED GUIDE
    a. Exploring the phenomena of "trail blues" and "gardening highs" related to immersion and conservation.
- i. What are "trail blues"
- ii. What is a "gardening high"
- iii. Why do these phenomena occur
- iv. Leveraging "Why"
- v. Passive leveraging
- vi. Active leveraging
- vii. Principles of Forest Bathing

b. Letting nature work
    i. Nature's impact on the body
    ii. Nature's impact on the mind
    iii. Nature's impact on the psyche
    iv. Getting out of the way
    v. Understanding Seasons
    vi. Understanding Ecology
    vii. Understanding Landscape
c. Working with nature
    i. Nature as a teacher, mirror, ally and resource
    ii. Letting the environment set the pace
    iii. Leaning into fears, restrictions and hesitations
    iv. Less is more – slow down and smell the roses
    v. "*No one said there'd be Math*" - (KR + KA) x AT = IO
    vi. Leaving a trace
    vii. No More Mandalas!!!!!
d. Maximizing EMDR
    i. What is EMDR
    ii. How does EMDR work
    iii. Using the landscape for EMDR
    iv. Creating a landscape for EMDR
    v. Highlighting a landscape for EMDR
    vi. Passive EMDR strategies and techniques
    vii. Active EMDR strategies and techniques
e. Birds, water, trees and things
    i. The frequency of bird songs
    ii. The power of water
    iii. Tree hugging myths and legends
    iv. Sunlight
    v. Smells
    vi. Sights
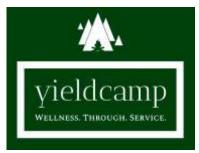   vii. Sounds

     f. Forest bathing and immersion
- i. Shin-Rin Yoku
- ii. Forest Bathing vs Immersion
- iii. Forest Bathing and meditation
- iv. What forest bathing isn't
- v. Why forest bathing works
- vi. Passive forest bathing strategies
- vii. Active forest bathing techniques

     g. Nature based fears, trauma and misinformation
- i. Assume all fears are valid because all fears lead to interpretive opportunities
- ii. Assume all trauma is real because all trauma leads to interpretive opportunities
- iii. Do not make up facts
- iv. Do not be afraid of what you don't know
- v. Don't let facts distort the truth
- vi. Using facts to discover the truth
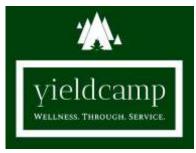- vii. Seek the perspective of others

III. NATURE INTERPRETATION

     a. Metaphors, similes, analogies and examples
- i. Utilizing literary devices
- ii. Leveraging artist mediums
- iii. Understanding the natural connection between nature and human nature
- iv. Understanding the human condition
- v. The theory of relativity, relatively interpreted
- vi. Knowing your audience
- vii. Avoid profiles, stereotypes and assumptions

     b. The nature of Nature
- i. Understanding life
- ii. Evolution
- iii. Natural selection
- iv. Intelligent Design
- v. Science and Scripture
- vi. Spirituality
- vii. The circle of life and the first law of thermodynamics

c. Guiding vs Leading & Leading from the rear
    i. "Guide/guiding" – definition
    ii. "Lead/leading" – definition
    iii. Either, neither or both
    iv. Knowing enough
    v. Following the curiosity of the group
    vi. Forgetting what you know
    vii. Learning on the fly

d. Identifying trauma, addiction, recovery and resilience in the landscape
    i. Interpretations of trauma in nature
    ii. Interpretations of addition in nature
    iii. Examples of recovery in nature
    iv. Examples of resilience in nature
    v. Interpretations vs examples
    vi. Relating trauma, addiction, recovery and resilience to everyone
    vii. Managing emotions

e. Observation vs Information
    i. Interpreting what you see through imagination
    ii. Interpreting what you see through information
    iii. Merging information and interpretation
    iv. Retaining observations
    v. Disseminating information
    vi. Postulate vs pontificate
    vii. 2 truths and a lie

f. Cultivating a connection
    i. Identifying interests
    ii. Restoring wonder
    iii. Creating compassion
    iv. Invitations and experimentation
    v. ADA considerations
    vi. Solutions for specials needs
    vii. Ageless engagement

g. Objectives, measurables and deliverables
  i. Creating a program
  ii. Developing a program
  iii. Outlining a program
  iv. Executing a program
  v. "Program" everything
  vi. Program objectives
  vii. Measurables and deliverables

Sources:

The Certified Professional Master Steward's training utilizes and draws from Yieldcamp, Ltd. proprietary information as well as Best Practices extracted from, but not limited to, the following certifications, trainings, manuals and documents:

MPS Volunteer Program Handbook for public
University of Maryland Extension Master Naturalist Program Volunteer Manual
Chesapeake Bay Storytellers Training Resource Guide
Standards & Guidelines for Design, Construction & Trail Management (Maricopa County Dept. of Parks and Recreation)
Sustainable Landscape Maintenance Manual for the Chesapeake Bay Watershed
Certified Interpretive Guide Training Workbook
Nature Informed Trauma Therapy and Care
Mental Health First Aid Best Practices
US Forestry (fs.usda.gov/managing-land/invasive-species)
MD-DNR
US Forestry, Dept. of Agriculture, "Interpreting Your Environment"
Maryland Park Service Volunteer Program Handbook
City of Baltimore Department of Recreation and Parks Rules and Regulations, 2013