



## Program Proposal

Thank you for your interest in teaching at 1440 Multiversity. We look forward to reading your workshop proposal. After you submit your completed form, we will assess if your proposal is a strong match for 1440's mission and will work within our schedule. We will be in touch with you if we'd like to explore your proposal idea further. Thank you again.

### Presenter Information

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**Date Submitted** (MM/DD/YYYY)

#### **Name(s)**

Presenter Name

Co-Presenter Name(s) (if applicable)

#### **Contact Information**

Mailing address

Address 1

Address 2

City

State

Zip

Work Phone #

Mobile Phone #

Email

Website(s)

I am a U.S. citizen OR I am authorized to work in the United States.  Yes  No

### Proposed Program Information

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#### **Subject Area(s) (check all that apply)**

Art and Science of Mindfulness and Compassion

Health, Wellness, and Fitness

Leadership and Work

Meditation and Spiritual Inquiry

Professional Development

Self Discovery and Creative Expression

Social Emotional Learning, Relationship, and Family

Yoga and Yoga Teacher Training

1440 Lecture Series

Other

#### **Working Title**

## Overview

*Briefly describe this program.*

## Program Objective and Goals

As a result of taking this program, the program participants will:

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## Main Activities

*Please describe briefly the experiential components of your program. What activities will your participants be doing during your program?*

## Program Schedule

### Preferred Program Format

- Weekend (starting Friday evening and ending Sunday by noon)
- Midweek (starting Sunday evening and ending Friday by noon)
- Other multi-day format (describe)

### Daily Schedule

Most of the programs at 1440 Multiversity follow the same standard schedule (as shown below). If you propose using a different schedule for your program, please describe (in detail) how you would like your sessions to deviate from the standard schedule.



### Standard 1440 Multiversity Schedule

	<b>Newcomer Orientation 6:45 pm—7:15 pm</b>
<i>OPENING NIGHT</i>	<b>Evening Session 7:30 pm—9:00 pm</b> Quiet Hours 9:30 pm—5:30 am
	AM Yoga/Meditation/Fitness Breakfast
<i>DAILY SCHEDULE</i>	<b>Morning Session 3 hours</b> (start 8:30 or 9:30) Lunch Time Activities Lunch
	<b>Afternoon Session 2 hours</b> (start 1:45 or 2:45) Afternoon Activities
<i>FINAL DAY</i>	<b>Morning Session 2 hours</b> (start 9:00 or 9:30)

- I will follow the standard 1440 Multiversity schedule.
- I prefer to follow a different schedule. (Please note that alternate schedules cannot be guaranteed.)

### Non-Standard Schedule Requests

Added evening session(s)

Which days? Please list all:

What times would you prefer?

Extended morning session hours

Which days? Please list all:

What times would you prefer?

Extended afternoon session hours

Which days? Please list all:

What times would you prefer?

Other unusual scheduling issues

### Marketing Information

While 1440 Multiversity promotes all scheduled workshops through our catalog and website, faculty are significant partners in marketing their own workshops. Tell us the methods of marketing you currently employ to market your workshops:

- Email Mailing List
  - Number of recipients \_\_\_\_\_
  - Frequency of contact \_\_\_\_\_ x per \_\_\_\_\_
  - Est. % in the western US \_\_\_\_\_
- Snail Mailing List
  - Number of recipients \_\_\_\_\_
  - Frequency of contact \_\_\_\_\_ x per \_\_\_\_\_
  - Est. % in the western US \_\_\_\_\_

- Website
  - Number of unique hits per month \_\_\_\_\_
- Newsletter
  - Number of recipients \_\_\_\_\_
  - Frequency \_\_\_\_\_ x per \_\_\_\_\_
  - Est. % in the western US \_\_\_\_\_
- E-Blast
  - Frequency \_\_\_\_\_ x per \_\_\_\_\_
- Facebook
  - Number of Likes/Friends \_\_\_\_\_
- Twitter
  - Number of Followers \_\_\_\_\_
- Other Social Media (specify) \_\_\_\_\_
  - Number of Followers \_\_\_\_\_
- Video Clips (from YouTube or your website)
  - Links: \_\_\_\_\_

Other:

Describe any additional methods of advertising you plan to use to promote your program beyond any noted above:

Describe the demographics of your most typical participants and subscribers:

% Female \_\_\_\_\_ % Male \_\_\_\_\_ Age range \_\_\_\_\_

Any other details you would like to mention about your participants (personality, values, attitudes, interests, and lifestyles)?

### Resume/Curriculum Vitae

Please include a resume or curriculum vitae to this proposal form. In addition, include supporting materials that you think will help our decision (such as brochures, flyers, CDs, DVDs, and/or books).