



MAS Tarbiya Mentors Development Program Instructors and curricula

(I) The intellectual foundations track

Quran (1): Extracting Tarbiya Lessons from the Quran: a holistic approach

With *Dr. Khaled Bahijri*

- 1- The Quran from revelation to compilation
- 2- Reasons for revelations
- 3- Suras of the Quran: names and purposes
- 4- Suras of the Quran: the beginning and the ending
- 5- Surat Al-Sajdah: Tarbiya lessons
- 6- Group presentation and discussions

Dr. *Khaled Bahijri* is a physician, epidemiologist, and statistician. He joined MAS since its inception and has been engaged in Tarbiya and education of MAS members over the past few decades. Dr. Bahijri has developed this course as an introduction to how to study Quran and to the 'Art of extracting Tarbiya Lessons from the Quran'. He has been delivering it to MAS members and the Muslim community over the last few years. The course has been receiving very positive evaluation from attendees.

Quran (2): Extracting Tarbiya Lessons from the Quran: A Sura-focused approach

With *Dr. Hamed Ghazali*:

- We will learn how to focus on one Sura and extracts Tarbiya lessons from it

Dr. Hamed Ghazali, is a scholar, educator, mentor, and a leader in the field of **Education** and Islamic Education. He holds a PhD in Education from the Department of Curriculum and Instruction, Kansas State University. Dr. Ghazali developed his own school of analyzing Suras of the Quran and has been teaching his approach in analyzing Suras of the Quran and extract tarbiya lessons from them over the last few decades to teachers, educators, and the Muslim community.

Seera: Thematic analysis of the biography of the prophet (PBUH)

With *Br. Tammam Dandashi*

- 1- Why do we study Seera?
- 2- The prophet as a man and a mentor
- 3- Tarbiya tools in the Seera
- 4- How did the prophet instill faith in the heart of his companions?
- 5- Perseverance in the Seera of the prophet
- 6- The prophet's emphasis on the final destination
- 7- There is always hope in everyone
- 8- Happy endings always preceded with long hardship
- 9- The Devine guidance

Br. Tammam Dandashi is an IT expert who has been engaged in public service through MAS over the last 30 years. Br. Tammam holds a master's degree in non-for-profit organization management, He has been a long-time member of MAS National General

assembly and currently serves on the MAS National Board of Trustees. In addition to his several roles in MAS local and national bodies, he has been engaged in Tarbiya and education. He has been teaching Seera (the biography of the prophet (pbuh) to MAS members and the Muslim community over the last 20 years. In this course, Br. Tammam focuses on the most significant thematic analysis of the Seera that a MAS Tarbiya mentor must absorb and deliver to his mentees.

Hadeeth: Thematic analysis of the forty Hadeeth by Imam Nawawi

With *Dr. Mohammed Helmi*

- 1- Steadfastness: Hadeeth #21, 29
- 2- Servanthood: Hadeeth #18, 23
- 3- Foundations of Islam: Hadeeth #2, 3
- 4- Hold on to the foundations: Hadeeth #5, 28
- 5- Know your boundaries: Hadeeth #9, 10, 30
- 6- Actions versus Intentions: Hadeeth #1, 4
- 7- Self-consciousness: Hadeeth #21,29
- 8- Stand up for justice: Hadeeth: 7, 24, 34

Dr. Mohammed Helmi is a physician and educator. For over 20 years he has been serving through MAS local and national bodies in different capacities. He has been engaged in Tarbiya and education in MAS over the years and currently he is leading the efforts to develop and deliver this Tarbiya Mentorship Development program.

Contemporary matters: Islam in the 21st Century

With *Br. Saif Rahman*

- 1- Reason
- 2- Freedom
- 3- God Existence
- 4- Rise of Feminism
- 5- Gender matters
- 6- Other issues

Br. Saif Rahman is a businessman, entrepreneur, and community developer. He is an influencer and motivator who is engaged in serving the Muslim community in several capacities including public and governmental affairs. Br. Saif has an extensive experience in working with the youth and young professionals and has been engaged in their struggle with the conflict of modern ethics with Islamic principles. He developed this course to orient tarbiya mentors with the current controversies and equip them with the proper tools to support their mentees.

History: Examples of successful reformers

With group of Invited guest speakers

- Examples of Individual reformers
- Organized movements that influenced the course of events
- Movements that evolved into states of their own
- Contemporary movements

(II) The mentorship skills track

Coaching skills

With ***Br. Rami Kawas and Br. Mohammad Hasan***

- 1- Emotional Intelligence Development Session:
 - a. Developing Empathy
 - b. Developing Peer Support and Advising
- 2- Coaching Skills Session:
 - a. Building Rapport:
 - b. Creating Safe Space and Establishing Empathy
- 3- Coaching Communication Session:
 - a. Active Listening
 - b. Questioning and Generating Solutions
- 4- A coaching session for the Tarbiya mentors:
 - a. Session to digest the content
 - b. Questions and solutions for their challenges

Br. Rami Kawas specializes in the areas of management and organizational psychology. Rami holds a master's degree in Psychology from Harvard University focused on human development and organizational psychology. He currently serves as the Executive Director and a trainer for Oaktree Institute, a leadership consulting organization for nonprofits. He has served in various leadership positions for local and national nonprofit organizations, with extensive experience delivering educational and training programs.

Br. Mohammad Hasan specializes in leadership psychology and communication. He holds a master's degree in counseling psychology from the City University of New York and a license in mental health counseling. Br. Mohammad is a licensed therapist and executive coach, working with hundreds of individuals in one on one and group formats. As a trainer for Oaktree Institute, he is a subject matter expert in the areas of communication, habit psychology, and productivity, and has built out training in various other areas of leadership and organizational development.

Behavior modification and trans-theoretical model

With ***Sr. Tasnim El Mezain and Sr. Nia Rankin***

- Session 1: Introduction to Behavior Change and Mentorship
- Session 2: Practical Applications on Behavior Change
- Session 3: Goal Setting and Positive Psychology 2

Sr. Tasnim El-Mezain is a registered dietitian (RDN) and a nationally board-certified health and wellness coach (NBC-HWC). She holds a master's degree in Integrative Wellness. She has been a MAS member since her early youth years and has been engaged in MAS tarbiya and education for several years. She also was instrumental in running the Tarbiya and Ilm Camp (TIC) for several years. In this Course, Sr. Tasnim is using her expertise in the health and wellness to teach our Tarbiya mentors how to change their behavior and how to be able to help their mentees change their own behaviors to the desired levels.

Essential of personal counseling

With ***Sr. Amina Saad***

- Counseling skills 101: the ultimate mentor

- 1- How to create a safe space for participants to open up and explore themselves
- 2- How to assess for signs of mental health disorders and provide proper referral to specialized counselors

Sr. Amina Saad is a certified professional counselor and an invited guest speaker on personal counseling to Muslim communities.

Usra Management and the role of the tarbiya mentor

With *Dr. Eman Sayed*

- 1- The Usrah, Open Usrah or Halaqa. What are we trying to achieve?
- 2- The duties and role of the Naqeeb or Naqeeba
- 3- Usrah Dynamics: Being Engaged, getting the Usrah Engaged
- 4- The Tabiya Program, a sample Usrah meeting
- 5- Practical Issues and Cases from the Real World (1)
- 6- Practical Issues and Cases from the Real World (2)

Dr. Eman Sayed is a physician by training who has dedicated her life to serve tarbiya and education in MAS and has been supporting several local and national Muslim communities and organizations. Over the last 30 years, she has been a frequent guest speaker to different chapters on Tarbiya training and preparation of the proper Tarbiya mentor. Dr, Eman is a Certified MAS Nuqabaa Trainer and the Tarbiya coordinator of her MAS.

MAS Curriculum: Introduction to MAS curriculum and the Tarbiya qualities

With *Dr. Wael Mukhtar* head of MAS National Curriculum Committee

Tarbiya and Tazkiya

With the MDP director and participating MAS senior tarbiya mentors

- 1- The role of Tarbiya in sustaining the movement
- 2- The transformative journey of the agent of change
- 3- What do you need to do to be a Tarbiya mentor?
- 4- Interactive discussion on the foundations of Tazkiya and spiritual connection