

Core Program Outline

Ripple Effect

The first session, “the Ripple Effect”, asks participants to be aware of, and intentional with, their choices and actions as they occur. Those choices/actions have an infinite ripple effect both within and around us. We are all connected.

Perspective

The session called “The Power of Perspective” provides one with the awareness that they have the power through their perspective to directly impact both their results and experiences. There are 6 sides of a ‘box’ (or situation) and one is a blind side. If we shift our perspective, we can shift our experience/results.

Self-Responsibility

The session “Self-Responsibility” asks participants to take total ownership. It communicates the truth - if you are experiencing something, it is YOU. If it lives in your results, your situation, your experience, your relationship, it’s because it lives in you. We also clearly identify what and how to take ownership of what you own, and release what you do not own, reducing enabling behaviors as well.

Emotional Indicators

The session called “Emotional Indicators” guides us to accept our feelings exactly as they are, to connect with them and listen to/honor them. It clarifies the difference between feelings and emotions, as well as what we have power in and what we have no power in. It also guides us to leverage our feelings and emotions as communication tools, improving our overall communication.

It Is What It Is

The session called “It Is What It Is” clarifies the difference between truth, fact and the meaning we place on our perspectives. This session asks us to accept, allow, surrender and be present. It then puts this concept into practical application by identifying when and how we place personal meaning on things, how we express that meaning with others and how we do so with ourselves through judgments that we can choose to shift to self-acceptance.

Control Dramas

The purpose of the session “Control Dramas” is to shift us from choices and actions that come from a place of control, to ones that come from a place of strength and power. We most importantly discuss how to identify a control drama, and diffuse it by using a 7-step communication technique to honor our boundaries and ensure we do so from a place of personal power and self-responsibility.

The following are only done in Trauma Centric Environments:

Owning Your Truth

“Owning Your Truth” begins to anchor us in our truth, asking us to look at it in our own eyes reflected back to us in the mirror, rather than just the relationships we find ourselves in. This session calls us to take a stand for our experiences, our life and our self, connecting us more deeply to ourselves, each other and our innate connection to all. This session discusses building healthy relationships, with ourselves and others.

Rite of Passage

The “Rite of Passage” is a celebration, a reflection and an extension of the process of power that has begun within us, and together in group. It honors the self, each other and the truth of the process, as well as its continual nature of ‘no arrival’.