



I Am Powerful

Engage in the Cycle of Power and

Shift Your Power

From External Forces

To Internal Sources

“There is nothing like an abundant, internal source of power

to create consistent and healthy results in your life, business and relationships.”

I Am Powerful

I Am Powerful is a social emotional adult learning program based on transpersonal development, personal behavioral management techniques, leadership development and the latest research on how brains work. The program gives participants the life tools to be self-responsible, navigate challenges, relationships and experiences, to redirect our own behavior consciously, create results intentionally and to manage our emotions in the process.

The program is delivered in a strengths-based, experiential and scenario-centered learning model that is population specific. The program is provided in either structured support groups or seminar models depending on the population and risk assessment.

The program is designed to ***shift the nature, perspective, use of and application of power in one's life*** from external forces to internal sources. It asks us to take responsibility for our lives, make intentional choices, be self-aware, manage our emotions and behavior, and think critically for ourselves. Furthermore, it provides the practical life skills necessary in creating intentional results, experiences, communication, boundaries and healthy relationships in our lives.



The Objective

"The Point of Power is the moment and in that moment we have a choice!" Uzuri

We all find ourselves in challenging situations in life, not always because we lacked the knowledge or moral compass but because when finding ourselves in the middle of it we didn't have the tools to navigate our way through it.

As a result we often feel out of 'control', 'feed' on control, find others completely or at least partially responsible for our circumstances, situations, and outcomes and feel powerless to shift them. We may hold onto emotions, thoughts and behaviors that create unhealthy results and don't know the emotions, thoughts, and/or behaviors to replace them with that will create what we choose.

When we take responsibility for what is ours, and release what is not ours. When we focus on what we have the power in and let go of what we are unable to control. When we understand the process and engage in it consciously through intention, choice and action/surrender: We tap into an infinite, internal source of power that cultivates results in a healthy, balanced, sustainable and joyful manner in our lives, businesses and relationships.

Research Supports that:

Developing our Social and Emotional Skills improves performance

Self-Awareness and Behavior Management tools redirect people to healthy behavior and positive results

Pair those with Practical Life Skills, Transpersonal Awareness, and Practiced Application in Real Life Scenarios and you have profound, consistent and exponential results

You have **I AM Powerful!**

Current Client Populations

I AM Powerful is delivered to the following populations:

- Leadership and Staff Development in Corporations
- Organizational Development in Companies, Non-Profits and Government
- Social Emotional Learning in the Educational System (for students and teachers)
- Family and Parenting Development in Social and Educational Systems
- Structured Support Groups and Life Skills Development for populations such as domestic violence, mental health, addictions, offenders in the justice system, and much more

Structure and Flexibility

The program is flexible enough to be delivered in many formats and is currently delivered as a:

- 2 day Seminar (delivered over 2 full 8-hour days to 25-50 participants)
- 6-8 week 2 hour structured group (delivered once weekly for 2 hours to 10-15 participants)
- Ongoing aftercare program (delivered once weekly for 2 hours to 10-15 participants)
- 1 Week Intensive Program (delivered over 5 full 8-hour days to 25 participants)

Age Ranges

The program is designed for anyone 15-16 years and older. We have populations and people who've effectively gone through the program from age 15-85!!

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’.

After-Care Program Outline

Aftercare is an ongoing application and deeper scenario-based program. The sessions are anchored and organized in the four steps of the program: Know You, Own You, Live You, Share You. There are enough aftercare programs to go on for almost two years consecutively and not repeat a program.

Core Skills and Learning Focus

The program has the following focus:

- Leadership
- Critical Thinking Skills
- Self-Awareness
- Responsibility and Accountability
- Healthy Boundaries
- Emotional Intelligence, Management and Health
- Behavior Management (Self-guided)
- Communication Skills and Techniques (Both proactive and responsive)
- Building Relationships and Agreements between two parties (or people, or a group of people)
- Power Dynamics (Internal and External)
- The Basis of Addictions (all kinds)
- Acceptance, Surrender and Forgiveness
- Life Skills Applications
- Many More



Leadership Competencies Addressed

The program addresses the following leadership competencies in the self, as well as others as a leader of others.

- Managerial Courage
- Command and Presence
- Decision Making
- Critical Thinking, Strategy and Planning
- Attitude and Motivation
- Action/Results Orientation
- Dealing with Ambiguity
- Adaptability
- Approachability
- Caring about Self and Others
- Building Relationships
- Compassion
- Composure
- Conflict Management
- Problem Solving
- Interpersonal Savvy
- Communication (including listening, giving/receiving feedback)
- Negotiating
- Patience
- Perspective
- Self -knowledge and Development
- Understanding Others
- Collaboration

Social Emotional Skills Addressed

The 'I AM Powerful' program series is designed to increase the following social emotional skills for all participants:

- Self-Efficacy
- Leadership
- Communication Skills
- Self-Awareness
- Social Skills
- Resiliency
- Adaptability
- Self-Reliance
- Self-Responsibility
- Connection to Others, Relationship Building Skills
- The Ability to Ask for What One Needs
- Trusting Self and Others

And decrease the following self-harming behaviors:

Addiction Behavior Management

- Substance addiction behaviors
- Self-harming behaviors
- Violent relationships
- Bulimia and anorexia behaviors
- Personal violence and incidents

Practical Life Skills Addressed

Thinking

- Critical Thinking
- Behavior Management
- Self-Counsel

Success

- Positive thinking
- Motivation
- Reduced Procrastination and Increased Action
- Passion

Social

- Anti-Competition, Collaboration
- Compassion, Love and Empathy
- Listening
- Communication
- Acceptance of Others
- Interconnectedness

Practical

- Organization
- Setting Boundaries
- Setting Intentions (Goals)
- Creating Results

Happiness

- Be Present
- Enjoy Life
- Find Purpose
- Develop Intimate Relationships
- Self-Acceptance

Research Based

We have been conducting internal research for three years on program outcomes. We are proud to announce a research partnership in 2010 with ***UNLV researcher Dr. An-Ting Sun.***

View our research results and read a summary online at:

www.powerintegrationcenter.com

Shared Themes

Although not intentionally designed on these theories, I AM Powerful, is common to, and shares themes with, the below list of commonly researched and understood theories and practices. Please keep in mind that I AM Powerful is not a therapy and is designed to be a self-behavioral management tool. It simply shares common threads and philosophies with the below listed theories and practices:

1. Cognitive Behavior Therapy
2. Chas Theory
3. Relational Theory and Therapy
4. Self-Actualized or Person-Centered Therapy
5. Self-Realization Practices and Philosophies
6. Strengths Based Approaches
7. Motivational Interviewing Techniques

Program Foundation, Philosophy and Delivery Elements

Experiential

The program delivery, in all formats, puts participants through experiences allowing them to live through the experience of application, rather than just gaining the knowledge in a classroom format. This encourages internalization, practice, personal ownership and responsibility ensuring long term sustainability of skills and true paradigm shifts.

Scenario and Application based

Participants are put through specific scenarios based on the population being served and their situation. They are then asked to apply the skills, working through the scenarios to their desired solution and/or intention. This also allows a singular program to be very diverse in its outcomes based on the situation and population being served.

Process Oriented

Facilitators are trained to take participants through an intentional process that is very personal and intimate in nature, and yet safe in a group environment. Participants gain wisdom and self-awareness, as well as commitment and understanding, by personally going through the process while in the safety of the program, as well as witnessing others doing the same.

Relationally Based

This element of the program leverages mutuality and empathy to empower **not** through power *over* others, but rather power *within themselves, in connection with* others. Relational theory also informs us that when one relates meaningfulness, not only within ourselves, but both in context to and with others, the meaning for ourselves is subsequently enhanced as well. This program achieves this both in format (structure support groups and circles in seminar style), as well as through intentional exercises and connection in the process and exercises.

Strengths Based

The process of the program delivery practices what it provides, operating from a place of each person's strengths and inherent power. Participants are encouraged, validated and inspired to be exactly as they are, where they are. We operate from a place of devising value from wherever they are right now, and thus achieving their results through their own responsible choice from that place forward. This is also applied by identifying current value and assets in the skills, thoughts, emotions and behaviors being used and redirecting them through intentional choice for desired outcomes.

A Theory, called the Cycle of Power

The program is also grounded in and based on the theory called the Cycle of Power developed by our author ShannonRae. It moves a participant from unconscious choice to conscious choice in an intentional and structured process. The process asks them to be aware of and responsible for their power, while releasing what is not, as they go through the Cycle.

Client List, Partial

Hilton Grand Vacations (Resort Company)

The Shade Tree (Homeless/Domestic Violence Shelter)

We Care, We Share Foundation (Educational SEL Funding)

- Ruby Thomas Elementary School

St. Ann Elizabeth Seaton (Private School)

Youth Offenders Court (Offenders/Addicts and their Families)



What Participants Say

Nothing speaks to results and experience like that who've gone through the program. Because of the very personal and intimate process of I AM Powerful, and various populations we serve, we've removed the names of the participants.

Business Stories: these are participants who attended the 2-day seminar format in business, are business leaders, and team members in companies.

“I now see the blind side of the box, or do I?” (Smiles)

“The way the training is articulated is like seeing the light for the first time. Once you know the truth and really think about it, your lives and relationships will never be the same.”

“I am powerful has not only helped me be a better leader, but a better mother and wife!”

“I have a whole new perspective on how to transfer and inspire power in others, which has had a huge impact on our bottom line results!”

“The team is simply more engaged, more passionate, more connected to themselves and each other. It showed in our results immediately.”

“I AM Powerful gave us a language to use with one another.”

“I gained insight into who I am, how I am perceived, and have risen my sense of personal responsibility.”

“I am Powerful has allowed me to touch the inner workings of my heart. I now look at myself with no judgment, no fear, and no limitation. It is breathtakingly beautiful to allow yourself to experience conscious choice and know that I am already everything I need to be, right where I am. I feel for the first time I have opened up and embraced my power; as well as, loving and honoring myself. Looking at my internal power has taken me through a vulnerable experience where I haven't allowed myself to travel before because I had shame and guilt associated with myself feeling that I was never good enough. There is

a poetic justice knowing that when I have arrived, my journey has just begun! I can't wait to continue and share my journey.”

“I learned the process in which to handle issues as they arise in a professional and non-judgmental way. I can better deal with control dramas in the workplace and in personal life. I learned the various perspectives of my colleagues and leaders. I learned practical tools like how to best deal with a problem or situation by using the Perspective Box.

Your leaders will become stronger because they learn how to handle situations and move into solution quicker, in the end effecting your bottom line. I have personally seen the transformations of leaders who just frankly didn't know how to identify what types of personalities they are dealing with and what kind of communication styles are best for dealing with them. It is a very effective series.”

“I don't try anymore. I make the choice to DO! It is working and the fact that I believe in myself to gives me wings. I feel different not only at work, but at home. Learning that there is no right or wrong was incredibly impactful. The biggest thing for me is to be present, the past a story and power is my truth!”

“I have learned that ‘it is what it is’. You can't control people's thoughts or feelings or how they look at things. It is what it is, was a powerful tool I use often.”

“This training empowered people to have open communication with each other regarding control dramas when they silently acknowledged another person's and responded accordingly. It personally gave me the clarity to systematically express and teach a belief system I support. I don't expect others anymore to have a previous knowledge of universal, or my own, personal truths. I pay closer attention to my blind side and feel I have a deeper understanding about perspective in myself as a leader and those I lead. I highly recommend putting the entire organization through this series. It has the potential to shift your business culture to an environment of unity if you support the system by walking the talk.”

“Recently I had the opportunity to take the ‘I AM Powerful’ training. Like most who are resistant, I thought here we go again. . . . More Training. Wow, I was surprised to see how valuable it would become. The basic principles of looking at human interaction from more than just your point of view, are empowering. So much so that the basics can be applied to all aspects of life, not just the work place. The ability to allow someone to speak their mind and actually hear them enable you to become proficient at ‘problem resolution’.

I love the feeling of competency. I no longer feel as though I have no control. I have learned to separate emotions from fact, and no longer react to people’s opinions emotionally. Thanks for providing me with a filtration system between my mouth and my words. I grew spiritually and I thank you for that!”

“When I was told I had to come to this ‘class’ I had no idea I would want to be so involved, learn so much and appreciate the opportunity to be part of it. I just want to say THANK YOU!”

Educational Stories: these are participants who attended the 2-day seminar format and are educators, administrators, teachers and/or staff.

Participant Stories: these are participants who attended the 8-week format and have experienced one or more of the following - homelessness, domestic violence, rape, assault (sexual and otherwise), addictions, and mental health among many things.

“I now know that I am not alone!”

“I loved the connection time with other women like me. It broke barriers between us, and some within myself.”

“The most impactful thing to me has been the reminder that I choose, I really do have the power within me.”

“It has changed the way I look at myself. I value who I am and what I’m all about.”

“I have a greater sense of safety.”

“I peeled the onion away. I wasn’t sure I even grasped it the entire 8-weeks. Today, dealing with my reality, my new home, my 3 children and my abuser who tried to continue to control me. . . I looked at that key, and everything was so amazingly clear. You taught me perception and how to see it clearly, it does sooo work. Needless to say, I AM Powerful, and thank you for the best day of my life walking into my new home after being homeless for so long!”

“I AM Powerful has been an amazing experience for me. The program put me back in touch with who I am and what I’m all about. Over the course of eight weeks I’ve rediscovered my strengths and weaknesses, learned to embrace both, and to value myself. I’ve rediscovered the joy of being me. I’ve been reminded of how vital joy in being me, in just being, is to living life successfully. This course took me from surviving, back to living life on purpose. Thank you!”

“What I got out of the series are a system of processes to cope and heal. I learned ways to take ownership, and that boundaries are necessary. The facilitation in the process was the most impactful. The facilitator showed up equal to us, and didn’t judge at all. I got the message that I AM Powerful no matter what I went through, that I am passionate, strong and that I already am where I need to be. I can now do things and open up more so that my

relationships can flourish. It has helped me trust my feelings with more people and I can communicate without acting out or covering who I am up. The celebration at the end when I recognized I opened up and changed my behaviors was my favorite memory!”

“I learned self-respect as well as a deeper respect for others, being self-responsible, setting boundaries and standing for my convictions. Most importantly though, I was able to share. I realized that I am worth standing up for, that I am important, and that I need me before anyone else. I have begun to see the red flags of non-safety and to get comfortable with healthy safe zones. Sometimes it’s not a matter of right and wrong, it just is what it is. I can let things go now, and accept myself and situations. I AM Powerful, and for a reason.”

“I learned I am not a complete failure and how to deal with people in a nicer way. I am a wonderful me and right where I need to be. I learned to speak for myself, to get over obstacles, the past and move on, to be able to say how I feel. I had fun while doing it and got energy from the facilitator and the group just being there.”

“I learned a lot about being able to share things and trust. I loved most the activities, people expressing through feelings, and building trust with a group of people. I learned that I have power in my life, my strengths, my dreams and my desires. I am stronger mentally, and able to talk about me with ‘new’ friends. I found that I am safe.”

“I learned to take ownership of myself, to empower myself and to accept nothing less than what I choose for myself. I AM Powerful; I could’ve died, but in this series I was able to be myself, and was safe to open up again with everything.”

“My favorite parts were all the activities. I learned that I AM Powerful, and have more positive things in my life than I thought. I learned that using positive tools, creates a positive life. I feel more positive, more of a woman. I see myself strong willed now, more positive thinking. I am more aware of things and surroundings. My life has changed! In fact, the rite of passage ceremony was very powerful, and I am very grateful!”

“Knowing that I already am all I need to be, right where I am was a powerful notion. I am taking away that I am strong, intelligent and deserved to be acknowledged. I have changed some negative outcomes to positive ones while in this class by using the tools I learned. I am now learning to accept things that I cannot change. I was self-loathing and self-judging but now I am more comfortable with my own choices. I have learned to be self-reliant, responsible for myself and my safety, and that I am definitely worth it. This group has taught me that I can set and stand by my boundaries and that I have the power inside to respect and honor those boundaries. The open acceptance of ourselves and others is the most memorable part of I AM Powerful.”



The Power Integration Center

Where People Connect to Peace, Power and Passion!

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