



**PROGRAM OFFERINGS BY TOPIC**

Medium	Topic	Description	Length
<b>Empowerment Group</b>	<b>My Journey to Me (Part 1): Choose a New Thought</b>	This course introduces the <b>InView Empowerment Principles™</b> , a set of core beliefs and practices that serve as the key to transcend negative self-perceptions and transforming thoughts of lack, limitation and fear; thereby unlocking the door to the self-imposed prison of our intellect. Participants will learn to trust and use their feelings (not their thinking) as an intuitive guide while managing unhealthy emotions. Dysfunctional thoughts will be replaced as students clarify and redefine personal values and set a new vision for their life.	6-sessions
	<b>My Journey to Me (Part 2): Create New Habits</b>	This course reviews the <b>InView Empowerment Principles™</b> and shows participants how to put them into daily practice through the use of simple but effective tools. This section is design to create new habits. Special emphasis is placed on how to set loving boundaries with others and manage the effects of your transformation.	6-sessions
	<b>My Journey to Me (Part 3): Embodying Who You Are</b>	After assessing the core areas of their life, students will establish a S.M.A.R.T. Plan of Action that focuses on 1-2 sections. The SMART Plan will be used to guide, pace and monitor on-going progress. Facilitators also check-in on	6-sessions

		students' daily progress in the implementation of the <b>InView Empowerment Principles™</b> and offer coaching and reinforcement.	
	<b>Discovering Purpose</b>	Transformation Coaches will provide a brief overview of the <b>InView Empowerment Principles™</b> as a backdrop for the course. Students will use strategies and tools taught in the <i>My Journey to Me</i> Program as a guide through an intrinsic discovery and alignment with their purpose. Participants will decide how they want to actually use their purpose to contribute to the betterment of their life, family and humanity. This information will be added to S.M.A.R.T. Plan and used to guide, pace and monitor on-going progress.	6-sessions
	<b>The Power of One Leader™: A Code of Conduct for 21<sup>st</sup> Century Leaders</b>	The word "leader" has become a cliché. In our business and personal lives, we've all found ourselves succumbing to the status quo. But what the world needs right now are people who are willing to lead by example rather than by popularity and convenience. We are being challenged as individuals to honor our own genius by courageously living authentically and being driven by purpose. Will you " <b>dare to be the change you want to see!</b> "? In this course, we will introduce <b>The Power of One Leader™</b> , a 21 <sup>st</sup> Century approach to leadership. The model invites participants to see themselves as the solution to many of the world's problems. <b>The Power of One Leader™</b> instills the value of individual responsibility and collective accountability and introduces 10-fundamental standards as a construct for organizational and societal reform. In this course, participants will learn how to lead from your soul while	6-sessions

		leveraging vision, purpose, individuality/original thought, ethics, quality, modeling, perseverance, and the need to endure resistance as a core ideology and code of conduct. Students will be challenged to think about how they will use <b>The Power of One Leader™</b> to impact a specific issue in their immediate or broader community.	
	<b>The Love Exchange Part 1: <i>Finding the Love I Always Wanted</i></b>	Freedom to be me	6-sessions
	<b>The Love Exchange Part 2: <i>Partnerships &amp; Intimacy</i></b>	Setting boundaries, Complements	6-sessions
<b>Workshops</b>	<b>Overcoming Fear</b>	There is no such thing as a faithless person and since there are really only two basic emotions, you either have faith fear or faith in love. The ego mind is the source of this low energy emotion and it keeps most of humankind in a perpetual state of terror. It is our own intellect turned against us. Fear creates self-destructive pattern that keep us from realizing our full potential or having healthy relationships. If you want to learn how to free yourself from the bondage of ego, this session will give you simple tools that will put you on the road to peace and happiness.	1-session
	<b>Reflections on the Four Agreements</b>	don Miguel Ruiz, author of the <i>Four Agreements</i> reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. In this unique workshop, the moderator will provide an in-depth overview of the Agreements and facilitate a discussion between expert panelists and participants on how to apply the code of conduct in daily life. To get the most out of this session, prior reading is encouraged.	1-session
	<b>Reflections on the You Can Heal</b>	"If we are willing to do the mental	1-session

	<b>Your Life</b>	work, almost anything can be healed (Louise Hay).” Whether you are experiencing physical ailments or mental and emotional anguish, this session is a must. <i>You Can Heal Your Life</i> is an international best-seller that provides an undisputed roadmap to loving yourself completely. In this workshop, the facilitator will discuss the impact of being unforgiving as well as limiting thoughts that can lead to the manifestation of dis-eases of the body. Participants will be introduced to valuable tools like monitoring thought, mirror work and affirmations as tools for behavior modification.	
	<b>Reflections on the Law of Divine Compensation</b>	Do you need a miraculous shift in the areas of money or work? Marianne Williamson, <i>The Law of Divine Compensation</i> reveals how to apply this Universal principle to money and the lack thereof. We are all bombarded with “alleged” indicators of lack, limitations and economic uncertainty. It is sometimes tempting to buy-in to the idea of scarcity in spite of the glaring abundance around us. In this session, participants will compare and contrast the attitudes, behaviors and belief systems of the wealthy against those who have perceived lack; revealing the difference in their own thinking.	1-session
<b>Mastermind Communities</b>	<b>Personal Growth Group</b>	Accountability group for those learning how to acceptance and love themselves.	varies
	<b>Career Group</b>	Accountability group for those learning seeking to grow in their current role or find a more fulfilling one.	varies
	<b>Entrepreneurs Group</b>	Accountability group for business owners looking to grow their business.	varies
<b>Individual Coaching</b>	<b>Life</b>	Coaching sessions are designed by the	varies
	<b>Career</b>		varies

	<b>Relationship</b>	goals of each client. Contact our office for more information.	varies
	<b>Financial</b>		varies
	<b>Spirituality</b>		varies
	<b>Family</b>		varies