

Discovering All Emotions Course Outline



Course Objective

The objective of this course is to provide participants with a different way of seeing themselves fostering an understanding of, and insight into, the roots and implications of anger, intolerance, and aggressive or violent behaviour. The program also provides intervention techniques participants may apply to future conflict situations.

- Leave participants feeling empowered, & with an increased understanding of their own life journey.
- To increase self-esteem and self understanding
- To provide participants a safe outlet to practice assertive vs aggressive reactions, communication, and situational problem solving.
- To assist participants gain a deep understanding of: what causes anger, recognizing anger, and practice techniques to control it.

Course Description

The course may include lectures, videos, group and individual exercises and reflection. Discussion will be invited on a wide range of key topics relating to processing and understanding emotion. A Progress Summary Report can be prepared for participants by request, upon completion of this course. Information shared during discussion is considered confidential with exceptions noted in the confidentiality agreement. Facilitators do not make any assumptions regarding class participants, but focus on delivering information with professionalism, dignity, and respect.

Course Delivery

This up to 30-hour course may be conducted during evening, weekday, or weekend classes, and consists of six modules. In order to complete the course, 80% mandatory attendance is required. Course times and modules can be broken up in a variety of ways.

Course Content

Introduction of the Instructor
Brief outline of programs and any program affiliates
Course Expectations
Participant Introductions
Workshop manual
Workshop Evaluation
Client attendance and / or confidentiality Agreement
Limits to Confidentiality
Participant Background Information Form & Release (Confidential, unless participant otherwise requests)

Modules

Yoga, Breath, and the Chakras (Training, Techniques & Practice Exercises- How is it all connected)
Quantum & Universal Energy Principles, Law, & Practice: What is Universal Life Force Energy? What does it do? How does it work?
Emotions– Exploring all emotions: What are they? How do they affect me? What can I control?
Self-Awareness – My sense of self exercises: Exploring & Considering the World with a different Perspective
Healthy mind, body, & spirit: Stress management
Resources & Reflection

Course Summary and Evaluations