

## **My Gifted Self Course Outline**



### **Course Objective:**

The objective of this workshop is to provide participants with activities that will self-elicite strengths and insight. The course is fostered in an environment of acceptance, trust, and understanding.

- Leave participants feeling empowered, & with an increased self-confidence, and understanding of their own life journey.
- To provide self-awareness through experience to those who are interested in getting to know themselves better, and discover more about their greatest strengths and truest gifts.
- To encourage learning and practice of various meditation techniques, build an understanding and use of the Chakra's, and to be able to affectively use Universal Energy.

### **Course Description:**

The course may include lectures, videos, group and individual exercises, physical movements, and reflection. Discussion will be invited on a wide range of key topics relating to processing and understanding self. 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 8-hour course may be conducted during evening, weekday, or weekend classes, and consists of four modules. In order to complete the course, 80% mandatory attendance is required. Course times need to work around minimally two hours per module.

### **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**

Awareness in self and surroundings- Noticing the everyday Normicals  
Discovery – Knowing my truth  
Feeling My Truth  
Applying my gifts everyday  
Resources & Reflection

Course Summary and Evaluations