

THE CONSCIOUS LIVING PROGRAM

The Conscious Living Program is a hybrid learning journey that supports a comprehensively supportive lifestyle. We train the conscious use of tested tools that link our outer actions and results to our innate drivers and intentions.

The program merges the insights and techniques for introspection and deeper understanding, which are involved in *making a life*, with the practical communication and (self) management skills and tools that are required for *making a living*.

The goal of the program is to cause a life of conscious design and to create prosperity in all areas of life by transferring original intent to external actions.

THE FOCUS AND BENEFITS

- Clearer perspective and practiced access to intuition
- Deeper self-awareness and more confidence
- Constructive self-talk and supportive belief systems
- Effective management of thoughts and emotions
- Increased ability to handle stress and eliminate worry
- Clear, authentic communications and healthy relationships
- Value-based leadership and (self) management attitudes
- Stronger empowerment capabilities and firmer decision-making skills
- Balanced mindset concerning acceptance and challenge
- Deeper understanding and application of cause-effect connections
- Practiced appreciation and motivation by love, not fear
- Applied skills for manifestation

THE PROGRAM STRUCTURE

The full journey explores seven levels of living. Each level has a theme, and we look at each theme from inner and outer perspectives during seven two-day sessions, spaced two months apart.

The first day of each session explores the inner world. The perspective is inward and reflective. The framework is personal life, and the focus is on learning by being. We explore topics and we use techniques for accessing inner awareness. And a facilitating dialogue style is used.

The second day of each session explores the outer world. The perspective is outward and action-oriented. The framework is professional life, and the focus is on learning by doing. We practice skills and we implement proven, hands-on tools through exercises. And an interactive training style is used.

The full program comprises 28 interdependent half-day modules. We recommend the complete program because the levels are sequential, and the modules build on each other. When desired, it is possible to customize an abbreviated program by selecting modules based on personal interests and needs, through pick and choose.

THE PROGRAM CONTENT IN 28 HALF-DAY MODULES

▽ INNER WORLD		OUTER WORLD △	
LEVEL 1 - EXPECTATION – I AM – DEFINING GOALS			
Getting excited and feeling anticipation will draw new experiences			
DAY 1: DISCOVERY		DAY 2: EXPLORATION	
▽ Compass: brand and journal	13 24	Awareness: perception and influence	△
▽ Attraction: energy and strategies		Transitions: reactions and responses	△
▽ Relaxation: body and mind		Receptivity: exploring and discerning	△
▽ Guidance: thoughts and intuition		Empowerment: inspiration and motivation	△
LEVEL 2 – REGENERATION – I HAVE– TRANSFORMING BLOCKS			
Letting go creates a vacuum for change to occur			
DAY 3: OPTIONS		DAY 4: CHOICES	
▽ Pivotal moments: crossroads and initiations	58 67	Purpose: autonomy and mastery	△
▽ Self-talk: inner dialogue and validation		Feedback: gifting and accepting	△
▽ Victim view: myths and ownership		Resistance: barriers and opportunities	△
▽ Beliefs: limitations and breakthroughs		Creativity: methods and processes	△
LEVEL 3 – EXPRESSION – I RELATE – INITIATING CHANGE			
Taking charge prompts new aspects of ourselves			
DAY 5: IDENTIFICATION		DAY 6: DEMONSTRATION	
▽ The Tao: integrity and equilibrium	912 1012	Conversations: format and outcomes	△
▽ Four elements: dominance and replies		Determination: assert and follow	△
▽ Eight-stepping: uncertainty and clarity		Meet-ups: structure and process	△
▽ Emotions: catalysts and rewards		Communication: explicit and implicit	△
LEVEL 4 – INTEGRATION – I LOVE – FINDING CAUSE			
Connecting with our cause-self results in motivation by love, not fear			
DAY 7: HARMONY		DAY 8: BALANCE	
▽ The two powers: love and fear	1315 1416	Agreements: exchanges and solutions	△
▽ Love disguises: substitutes and needs		Persuasion: attitude and buy-in	△
▽ The real thing: x-factor and twofold aspects		Flexibility: preferred and adapted behavior	△
▽ Hot seat: compassion and insights		Challenges: qualities and pitfalls	△
LEVEL 5 – SYNCHRONIZATION – I WILL – ALIGNING INTENTIONS			
Putting our cause-self in the driver’s seat manifests integrity			
DAY 9: DIFFERENTIATION		DAY 10: CONFRONTATION	
▽ Relationships: stages and thresholds	1719 1820	Self-management: activities and availability	△
▽ Conflicts: realizations and turn-arounds		Disruptions: unexpected and organized	△
▽ Kid-code: meaning and optimization		Values: ethics and morals	△
▽ Arguments: resolutions and acknowledgements		Conduct: guidelines and behavior	△
LEVEL 6 – CONSOLIDATION – I PERCEIVE – CLAIMING OWNERSHIP			
Embracing responsibility empowers new realities			
DAY 11: CONTEMPLATION		DAY 12: CLARIFICATION	
▽ Forgiveness: blame and guilt	2123 2224	Deviations: assist and solve	△
▽ Mindset: resistance and attraction		Disputes: address and resolve	△
▽ Prosperity: decoding and securing		Group dynamics: allies and adversaries	△
▽ Manifestation: requirements and principles		Groupthink: alignment and synergy	△
LEVEL 7 – REALIZATION – I AM – BEING ONE			
Accepting what is allows lifting it to what it can be			
DAY 13: INITIATION		DAY 14: IMPLEMENTATION	
▽ Dreams: essentials and interpretation	2527 2628	Best practices: recaps and reinforcement	△
▽ Appreciation: attitude and gratitude		Calibration: case studies and takeaways	△
▽ Promise: fulfilment and commitment		Harvest: lessons learned and results	△
▽ Outcome: original intent and amplification		Evaluation: transfer and actions	△

THE INNER FOCUS IN MORE DETAIL

Perspective and interpretation We tend to observe reality and interpret it to our benefit, even manipulating facts to support our adaptation. Accepting reality without resistance means dropping fear of the outcome, which necessitates being honest with ourselves about ourselves.

Self-talk What we tell ourselves about ourselves is self-talk. It reflects our beliefs, which are empowered by either love or fear. And it determines the quality of our lives. Discerning the validity of our inner conversation is the beginning of restructuring our self-talk.

Beliefs How we feel is not the result of what happens. It is the result of what we tell ourselves about what happens based on what we believe about it. If our current beliefs do not support us, we can change our reality by restructuring our beliefs.

Thoughts Whether we are thinking thoughts that cause us to feel stressed, or thoughts that cause us to feel fulfilled, we're planning our future. Einstein said that the world we have created is a product of our thinking and we cannot change it without changing our thinking.

Emotions We do our emotions on purpose. They are goal-oriented activities. They are either effective or ineffective at getting us what we want. We can manage our emotions more effectively by acknowledging their drivers and consciously choosing appropriate behaviors.

Understanding Effective communication involves dealing with thoughts, feelings, beliefs, needs, and implicit messages. Understanding comes to us more often through empathy than through critical thinking. Feeling understood and accepted is a driving force in our communications.

Relationships Because we relate more with our beliefs about people than with the people themselves, our relationships have more to do with us than with them. Improving our interactions with people begins with our beliefs, because situations reflect our attitudes and our expectations.

Attitudes Our thoughts cause our feelings, which influence our perspective and attitude toward life, and our experiences correspond. And the attitude-shift necessary to think a constructive thought and take a positive action has the power to transform relationships and circumstances.

Training others to treat us well We train people how to treat us through our response to their behavior. When people treat us badly, they are doing it because we have taught them how. When we want people to behave differently toward us, it begins with retraining ourselves.

Acceptance and challenge Expressing unconditional acceptance toward people means dropping any vested interest in whether they change. "I'll do anything to help you change if you want to change, and I'm also willing to accept you just as you are if you don't want to change."

Cause-effect connection We set causes in motion through our choices, and then we experience the results. Living causally, not casually, begins with naming the name of what we have set in motion, and then deliberately setting our course for what we want to experience.

Appreciation Why be in a bad situation and feel miserable, too? Choosing to support the value of ourselves and others nonstop means replacing criticism with respect, judgment with acceptance, and condemnation with appreciation.

THE OUTER FOCUS IN MORE DETAIL

Empowerment It is tempting to do everything ourselves so we know things will be done well. Motivating self-direction and ownership for solutions in others requires a desire to enjoy their success and the ability to make them go beyond their perceived limitations.

Transition Implementing change successfully takes an understanding of the necessary steps for guiding change and an ability to handle a variety of emotional responses. Helping others to adapt to change means leading them by example.

Feedback and resistance Without feedback we cannot grow. Defensive reactions, which are negatively expressed needs, can easily trigger arguments. Handling pushback and creating sustainable solutions is a gift that few people have, yet anyone can learn to master.

Assertiveness Combining a participatory style of empowerment with single-mindedness and strong determination defines balanced leadership. Summarizing conclusions, giving recommendations and setting direction require a clear and decisive way of communicating.

Meet-ups Chairing or hosting meetings takes good chairmanship, structure, protocol, and concrete follow-up. Get-togethers based on creativity principles, such as brainstorming, need an animator who facilitates others to surpass the limits of their imagination.

Influence Prerequisite number one for effectively influencing others is to put their interests first and to explore their needs and requirements. Navigating advantages and disadvantages, being firm but fair, is a skill that is essential to create mutual satisfactory solutions.

Persuasion Sustainably motivating others requires ethical, win-win oriented, persuasion skills. When influencing, we need to believe in ourselves, our ideas, and our audience. We want to build on the positives, facilitate solutions for objections, and orchestrate a favorable outcome.

Behaviors Our natural and adapted behavioral styles are characterized by our strengths, pitfalls, allergies, and challenges. Developing personal style flexibility through understanding our best qualities and challenges creates versatility in complex situations.

Self-management Personal organization and planning are crucial in our ever faster developing and complex world. Balancing activities with availabilities, choosing between need and nice and between important and urgent, and handling unexpected disruptions, are essential for survival.

Digressions and disputes Jointly deciding on a concrete code of conduct, addressing and realigning behaviors that are off the mark, and mediating between conflicting parties or interests are skills that are essential for good team hygiene and workable cooperation.

Group dynamics Managing the scope of the different interests of allies and adversaries, in order to create beneficial outcomes for all, means steering a complex exchange process through a maze of different personal agendas and needs, expanding common benefits and solving challenges.

Groupthink Alignment, synergy, and consensus are essential focus points when moving ahead as a team. A holographic team closes ranks and advocates one team - one voice. Yet, the individual is nothing unless shortcomings are complemented by the values and skills of others.