**Topic/Focus:** **LIVING**

**Learning Outcomes [***Suggestions***]:**

1. Holistic Wellness

“**ESTABLISH** holistic wellness for daily living to look and feel young”

* ***IDENTIFY*** *your spiritual or personal happy spirit*
* ***CULTIVATE*** *inner beauty*
* ***INCORPORATE*** *laughter, sleep, self-care,*
* ***DISCOVER, EXPLORE, and DEVELOP*** *yourself (physically, sensually, sexually, etc.)*
1. Mindfulness

**“ENGAGE** *in purposeful mindfulness* and awareness”

* ***EXPRESS*** *gratitude and affirmations and compassion for self and others*
* ***PURSU****E enhanced understanding and clear direction to rectify frustration and unfulfillment*
* ***INCREASE*** *productivity and* ***DECREASE*** *stress*
1. Growing Personal Connections

“**DISCOVER** *how to* ***GROW*** *and* ***DEVELOP*** *personal connections in your life*”

* ***OVERCOME*** *loneliness*
* ***CREATE*** *new friendships and* ***NURTURE*** *existing friendships*
* ***ESTABLISH*** *safety with healthy boundaries*
* ***DISCOVER*** *how to grow your own micro-community(ies)*
* ***CULTIVATE*** *optimal relationships [ family, neighbors, partners, spouses, and others]*
* **Emotional Intelligence:** Nourish the traditionally defined benchmarks of emotional intelligence (EQ), which include:
	+ Empathy / Social Awareness
	+ ~~Self-reflection~~
	+ Self-awareness
	+ Self-regulation / Self-Management
	+ Relationship Management
* **Motivation:** This dimension of emotional intelligence involves using available deepest preferences to move and guide the individual toward desired goals, to help in taking initiative and striving. To improve, and to persevere in the face of setbacks and frustration.

The **four** main sets of skills are self-awareness, self-management, social awareness, and relationship management. **Emotional** Self-Awareness, the ability to know yourself and understand your feelings.

* **Spiritual Intelligence**: connecting to a Higher Power (whatever you identify this connection to *source* to be) in order to nurture your:
	+ Mindful wellness
	+ Heart-Centered wellness
	+ Spiritual Wellness

**Foundation II Includes Human and Generational Intelligence:**

* **Human Intelligence** Leverage and honor the knowledge gained from the Global Human Experience in order to fuel our personal and professional lives through
	+ Mental health
	+ Emotional health
	+ Physical health
* **Generational Intelligence** knowledge that is passed down through generations both tangibly and in our person such as:
	+ Rituals,
	+ Traditions,
	+ Formed ideas,
	+ Traumas and triumphs

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| **LEARNING OUTCOME** | **Foundation 1** **SPIRITUAL & EMOTIONAL INTELLIGENCE** **IMPACT** | **Foundation 2** **HUMAN & GENERATIONAL INTELLIGENCE** **IMPACT** | **Foundation 3** **PRACTICAL INTELLIGENCE** **IMPACT** |
| **Holistic Wellness*****ESTABLISH*** *holistic wellness for daily living to look and feel young* | Nurtures your day-to-day interactions, emotions and spirituality tied to your physical surroundings, including your family, friends, religion, pets, service, talents, hobbies, stressors, travel/geographical exposure, entertainment preferences, time management or other prioritiesNourishes the traditionally defined benchmarks of (EQ): empathy, self-awareness, self-regulation, relationship management, and motivation | Heightens your ability to recognize and honor global human experiences relating to significant priorities for your overall wellnessEquips you to identify and balance generational experiences and traumas that affect your healthy and manageable daily wellness | * Identify desirable outputs and goals for overall and holistic wellness
* Categorize priorities and determine significance for maintain each as a part of your holistic wellness
* Seek assistance whenever possible with wellness matters that you are unable to accomplish alone
* Apply learned principles, processes and methods to establish and maintain wellness
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| **Holistic Wellness*****IDENTIFY*** *your spiritual or personal happy spirit* | Nurtures and harnesses your own spiritual power/essence to promote happiness, allowing you to experience holistic wellnessNourishes the traditionally defined benchmarks of (EQ): self-regulation, self-awareness, and motivation  | Improves your ability to recognize and honor global human experiences building strong relationships through your commitment to othersStrengthens your leadership ability to form bonds through acknowledging the impact of generational rituals, traditions, formed ideas, traumas and triumphs of others | * Trust in potential, capabilities, and aptitude of your team
* Provide meaningful and beneficial assignments, projects, and tasks
* Provide necessary tools, resources, and support
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| **Holistic Wellness*****CULTIVATE*** *inner beauty* | Creates an internal satisfaction of one’s essence, talents, gifts and beauty Nourishes the traditionally defined benchmarks of (EQ): self-regulation, and self-awareness | Enriches your ability to recognize potential and provide growth opportunitiesRejuvenates and motivates others to combat and overcome generational traumas that may affect their performance | * Identify training needs and opportunities (Analysis)
* Provide necessary tools, resources, and support
* Ensure transfer of knowledge before holding accountability (tests, assignments, surveys, follow-ups)
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| **Holistic Wellness*****INCORPORATE*** *laughter, sleep, self-care,*  | Fosters the process necessary to establish and maintain fundamental elements of health, wellness and happinessNourishes the traditionally defined benchmarks of (EQ): self-awareness, self-regulation, and motivation |  |  |
| **Holistic Wellness*****DISCOVER, EXPLORE, and DEVELOP*** *yourself (physically, sensually, sexually, etc.)* | Reveals your internal biases, challenges, desires, and reluctancy in trusting your spiritual essence to serve in your holistic wellnessNourishes the traditionally defined benchmarks of (EQ): self-regulation, self- awareness, empathy, motivation and relationship management |  | * Practice authenticity, genuineness, and truth in relationship forming (True Desire)
* Engage in reciprocity of positive exchanges (time, support, commitment)
* Maintain professionalism and open lines of communication to promote social-awareness (empathy) and self-awareness
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| **Mindfulness*****ENGAGE*** *in purposeful mindfulness and awareness* | Helps you to clear internal chaos that could result in poor decision-making, confusion, or lack of clarityNourishes the traditionally defined benchmarks of (EQ): self-awareness, self-regulation, and relationship management | Reaffirms self-confidence and acknowledgement of position, power, and impact on daily living affecting self and othersFacilitates the transformation of generational experiences and traumas to restorable beliefs in one’s capabilities | * Review, research and consider potential outcomes/effects of your decisions prior to deciding
* Attain buy-in and support from your superiors
* Prepare to show evidence of the positive impact of your decisions (reports, data, performance improvement, productivity increase, etc.)
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| **Mindfulness*****EXPRESS*** *gratitude and affirmations and compassion for self and others* | Facilitates the process of translating your spiritual essence and desires to expressed actions, emotions or thoughts that also acknowledge the feelings of othersNourishes the traditionally defined benchmarks of (EQ): self-regulation, self- awareness, empathy, motivation and relationship management | Helps you acknowledge and honor the global human benefit of service to othersCreates a conduit for growth, development, inspiration, validation, achievement and other aspects typically benefiting from one’s service to others | * Practice authenticity, genuineness, and truth in serving others (True Desire)
* Incorporate time management to avoid excuses and challenges

Research to understand the underlying cause or purpose that your service will aid or benefit  |
| **Mindfulness*****PURSU****E enhanced understanding and clear direction to rectify frustration and unfulfillment* | Helps you to clear internal chaos that could result in poor decision-making, confusion, or lack of clarityNourishes the traditionally defined benchmarks of (EQ): self-awareness, self-regulation, and relationship management |  |  |
| **Mindfulness*****INCREASE*** *productivity and* ***DECREASE*** *stress* |  |  |  |
| **Growing Personal Connections****DISCOVER** how to **GROW** and **DEVELOP** personal connections in your life | Provides clarity within your own spiritual essence, allowing you to recognize the contributions, significance, and feelings of othersNourishes the traditionally defined benchmarks of (EQ): self-regulation, self- awareness, empathy and relationship management | Enables you to recognize and honor global human experiences Authenticates your acknowledgement of the impact and importance of generational experiences and traumas on others | * Acknowledge & Appreciate ideas, work, conversations, efforts and importance of others
* Practice authenticity, genuineness, and truth in empathy (True Desire)
* Ask others what they desire (desired outcomes)
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| **Growing Personal Connections*****OVERCOME*** *loneliness* |  |  |  |
| **Growing Personal Connections*****CREATE*** *new friendships and* ***NURTURE*** *existing friendships* | Prepares you to view others and their needs as a priority in which you can use your skills, position, or power to be of serviceNourishes the traditionally defined benchmarks of (EQ): self-regulation, self- awareness, empathy and relationship management | Strengthens your leadership effectiveness globally building confidence and trust through your acknowledgment of othersRejuvenates and motivates others to combat and overcome generational traumas that may affect their performance |  |
| **Growing Personal Connections*****ESTABLISH*** *safety with healthy boundaries* | Helps you create calmness and clarity in your thoughts and subsequent actions to eliminate stress-related challengesNourishes the traditionally defined benchmarks of (EQ): self-regulation, self- awareness, empathy and relationship management | Fosters your acknowledgement of global human experiences related to the impact of stress on yourself and othersAlleviates stress caused by generational experiences  | * Identify personal and professional stressors
* Engage in Happiness 360 Leadership Foundations
* Promote the mental, physical, emotional, and spiritual well-being of yourself and others through education, practical application and consistent re-evaluation.
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| **Growing Personal Connections*****DISCOVER*** *how to grow your own micro-community(ies)* |  |  |  |
| **Growing Personal Connections*****CULTIVATE*** *optimal relationships [ family, neighbors, partners, spouses, and others]* | Generates an essence from inside-out, that others find desirable and attractive, leading them to want to followNourishes the traditionally defined benchmarks of (EQ): self-regulation, self- awareness, empathy and relationship management | Promotes self- awareness and incorporates Gravitas, reaffirming the global human desire of others to validate leadership worthinessBuilds authenticity in your ability to navigate others through the impact of generational traumas | * Research, review and understand the difference between leadership and management
* Practice authenticity, genuineness, Gravitas, and truth in your leadership (True Desire)
* Engage in self-regulation, self-awareness, Social-Awareness (empathy), and Relationship Management (Practice EQ and Incorporate FLL Leadership / Happiness 360 Foundations)
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1. **Book goals for living for our MULTICULTURAL GOOP avatar**
	* Learning Outcomes -book
	* Which become the same outcomes /benefits/pain points for the coaching/training packages
2. **SALES PACKAGES-we will need**
	* Sales copy for our three offers for  each of our three avatars
		1. Fearless Listening Leadership: scalers
		2. Fearless Listening Leadership: Leaders
		3. Fearless Listening Living for personal success

**LIVING WELLNESS**

**LIVING WELLNESS COACHING PACKAGE:**

**20K**

* **Following the methodology book**
* **With a carousel of coaches**

**COACHING PACKAGES**

* WELLNESS COACHING/HEALING PACKAGE that ties into the intelligences : 50 K

**FOUNDATION 1**

* Emotional Intelligence:3 sessions of “healing modalities”
* Spiritual Intelligences:
	+ energy/aura
	+ Vortex healing:

**FOUNDATION 2**

* Human  Intelligence:
	+ 3 sessions of “healing/coaching
		- Dr witherspoon
		- therapist
* Generation Intelligences:
	+ Reiki

**FOUNDATION 3**

* Practical  Intelligence:
	+ 3 sessions of coaching

**REVISED FOUNDATION**

**Foundation I Includes Spiritual & Emotional Intelligence**

* **Emotional Intelligence:** Nourish the traditionally defined benchmarks of emotional intelligence (EQ), which include:
	+ Empathy
	+ Self-reflection
	+ Self-awareness
	+ Self-regulation

The **four** main sets of skills are self-awareness, self-management, social awareness, and relationship management. **Emotional** Self-Awareness, the ability to know yourself and understand your feelings.

**Five Dimensions of Emotional Intelligence**

Goleman (1998) posits that the five dimensions of emotional intelligence are self–awareness, self–regulation, motivation, empathy, and relationship management subsumed in his four major EI scales . (BARZII; SLASKI, 2003).

* **Self–awareness:** Self–awareness occurs when the individual knows what he is feeling in the moment, and using those preferences to guide decision-making, having a realistic assessment of his own abilities and a well-grounded sense of self-confidence.
* **Self-regulation:** This involves handling our emotions so that they facilitate rather than interfere with the task at hand; having conscientious and delaying gratification, to pursue goals; recovering well from emotional distress.
* **Motivation:** This dimension of emotional intelligence involves using available deepest preferences to move and guide the individual toward desired goals, to help in taking initiative and striving. To improve, and to persevere in the face of setbacks and frustration.
* **Empathy:** This is related to sensing what other people are feeling, being able to take their perspective, and cultivating rapport and attunement with a broad diversity of people.
* **Relationship management:** Relationship management manifests in handling emotions in relationships well and accurately reading social situations and networks, interacting smoothly; using these skills to persuade and lead, negotiate and settle disputes, for cooperation and teamwork. These dimensions of EI are critical for transformational leadership.
* **Spiritual Intelligence**: connecting to a Higher Power (whatever you identify this connection to *source* to be) in order to nurture your:
	+ Mindful wellness
	+ Heart-Centered wellness
	+ Spiritual Wellness

**Foundation II Includes Human and Generational Intelligence:**

* **Human Intelligence** Leverage and honor the knowledge gained from the Global Human Experience in order to fuel our personal and professional lives through
	+ Mental health
	+ Emotional health
	+ Physical health
* **Generational Intelligence** knowledge that is passed down through generations both tangibly and in our person such as:
	+ Rituals,
	+ Traditions,
	+ Formed ideas,
	+ Traumas and triumphs

**Foundation III Includes Practical Intelligence**

* **Practical Intelligence** proven concepts and blueprints for living and performance success

**ORIGINAL FOUNDATIONS**

**Foundation I** **Spiritual Intelligence**: Nurture your mind, heart, and spirit connecting to a Higher Power (whatever you identify this connection to *source* to be).

**Foundation II Emotional Intelligence:** Nourish the traditionally defined benchmarks of emotional intelligence (EQ), which include self-reflection, empathy, self-awareness, and self-regulation.

**Foundation III**:   **Human Intelligence** Recognize and honor the Global Human Experience including, strengthening mental, emotional, and physical health, to fuel our personal and professional l lives.

**Foundation IV**: **Generational Intelligence** Acknowledge and transmute the importance and impact of rituals, traditions, formed ideas, traumas and triumphs that have been handed down through lineages and movements such as #METOO, LGBTQAI+, REPARATIONS, The Glass Ceiling, and Identity & Intersectionality. Rediscover lost perspectives to better understand our own.