

Program Overview

The 10-hour program sessions and their intended benefits are as follows:

Session #1 - Introduction

Benefit – Get to know each other, the purpose of the program, the mutual agreements, and what to expect from the trainer and the program itself.

Session #2 - Thoughts Become Things

Benefit – To establish an understanding of the importance of choice in everything that one does in life beginning with what one thinks about.



Hero of Happiness

Session #3 – Meditation and Visualizations

Benefit – To provide an introduction to the concepts of meditation and visualizations to increase awareness of one's own mind and its ability to shift one's life experience through intention.



Bella B. Leaves

Session #4 – Beliefs

Benefit – To understand that this is where many of our thoughts and emotions come from and that we have the ability to shift to beliefs that are more agreeable to achieving our success in whatever area we choose.

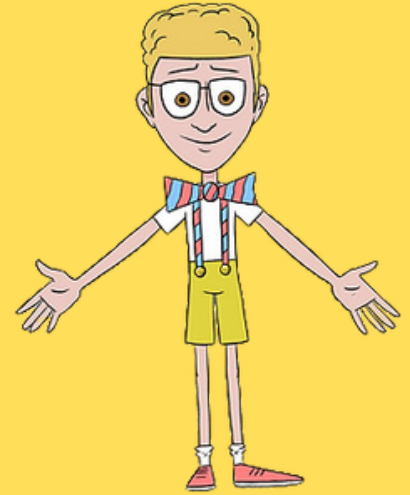
Session #5 – Empowering Beliefs

Benefit – To understand that limiting beliefs are what often hold us back and show how easy it is to shift them into beliefs that work for us in achieving our goals and dreams.

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Session #6 – Emotions

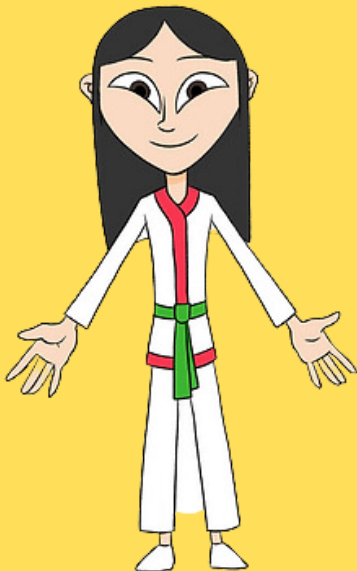
Benefit – Learning the importance of honoring our emotions as life’s feedback system and showing our ability to shift them to ones that feel better when we are ready to move on. This includes understanding that we can choose the emotions we want in life whenever we like instead of waiting for life to provide circumstances for us to react to.



E. Mohun

Session #7 – Mandalas

Benefit – To have a quiet reflective experience with a form of art that shows connection and creates a sense of calm. Acknowledge the importance of art therapy as a choice for managing one’s own emotions.



Ak Shin

Session #8 – Dreams, Goals and Taking Action

Benefit – To show the importance of having dreams, designing goals, and following through with baby steps each day towards achievement.

Session #9 – Vision Boards and Community Puzzle

Benefit – Creation of a physical object that becomes a daily reminder of one’s dreams, or a visual of how important each individual is as a part of a whole provides participants more fun and relaxed opportunities for learning and development of these concepts.

Session #10 – Graduation Party

Benefit – Celebration is an important part of accomplishment, empowerment and having fun!

*Character images represent the IPpie Kids for the youngest IBIM participants