

# SELF-CONNECTION SERIES

## CURRICULUM

Each week will involve the presentation of material, experiential activities, peer interaction, group coaching and integration exercises for home practices.

### WEEK #1: Self-Reflective Practice

In our introductory session, we'll explore Self-Reflective Practice ~ what it is ~ what it isn't ~ and why it matters. Then, we'll dive into your motivations ~ where they come from and how you can tune into them to propel you forward. You will be introduced to the concept of observing and the power of becoming the Active Witness. Finally, we'll take stock of your current Self-Reflection Strategies so you can begin to consider how you can build on what you already know.

### WEEK #2: Personal Lens

In this session, we'll examine your foundational practices ~ the good, the bad and the ugly ~ with a view to determining the most constructive and self-loving approaches you can take as you more fully integrate who you are with what you do. You will be guided through a process for understanding and polishing your Personal Lens. We'll take plunge into identifying how you live ~ and don't live ~ your most deeply held values. A brief overview of various Self-Reflection Strategies will be provided so you can be ready for more in-depth exploration in the coming weeks.

### WEEK #3: Beliefs ~ Journalling

Beliefs ~ where do they come from? How do they serve us? Can they be changed? This week's focus is all about our belief systems and their interconnection to our thoughts, emotions, and behaviour. You will also be introduced to the power of journaling ~ with opportunities to learn about different writing styles. The outcome is a powerful experience that can lead you to full commitment to certain beliefs ~ and a release of those that no longer serve your highest good.

### WEEK #4: Experience & Expectation ~ Meditation & Visualization

Our experiences and expectations are immensely powerful in how we perceive our lives in the moment. This session will provide the opportunity to reflect upon how you have been shaped through experiences and expectations. Through the exploration of various meditation techniques and the process of creative visualization, you will discover aspects of your perceived identity based on experience and expectation. We will practice developing powerful guiding questions to help you uncover the answers and access the guidance that is most beneficial to your growth as a powerful co-creator at this time.

## WEEK #5: Attitudes, Biases & Judgements ~ Energy & Intuition

This is a big week! We are going to dig in to the contributions of culture and gender as elements of your personal lens. Then we are going to go even deeper to excavate your attitude, biases, and judgements ~ including trigger points ~ to gain even greater access to your personal meaning making mechanics! This might feel a bit heavy, but remember, you are safe and supported here. We are learning about unconditional love and self-compassion in this process. Very powerful. We will learn about and use various energetic and intuitive practices to assist in this discovery.

## WEEK #6: Your Signature Approach

This session provides the opportunity to discover your personal style and your unique contribution. You will have the chance to consider all the elements of your signature approach with a view to more fully integrating who you are with what you do. We'll explore a number of Connected Self-Reflection Strategies including nature, music, artistic expression, movies and books to assist in the process.

## WEEK #7: Personal Mission Statement

Through the introduction and use of Integrated Self-Reflection Strategies (coaching, peer communication, safe sounding boards), you will have the opportunity to create a Personal Mission Statement that captures the most powerful insights you have gained in this journey so far. This becomes a guidepost for you as you move forward.

## WEEK #8: Personalized Self-Connection Plan

In our final session together, you will engage in activities to create your Personalized Self-Connection Plan. This will include Self-Reflection Strategies, areas that you have identified as points of personal contribution and growth, and resources you will access to fulfill your plan. We will also explore the role of evaluation, flexibility and gratitude in the plan development process.



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CONSULTING

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