



## Creativity and Manifestation

### THE LEADERSHIP AND TRANSFORMATION PROGRAM THE CURRICULUM

The curriculum is designed to give a framework to the breadth and depth of exploration that occurs in the Leadership and Transformation program. The curriculum creates a structure that liberates a spirit of creative spontaneity and inspires rapid personal transformation.

Each month of the LAT Program highlights a new concept. The concept of the month is enhanced by reading assignments from our books and the LAT manual. You also receive an abundance of relevant handouts and practical assignments. These are designed to integrate the concept in your life and work. The theme is also woven into web board forum discussions and the monthly teleconferences.

Each month's activities include:

- How to use the theme in coaching, whether in person or on the phone
- How to use the monthly theme to enhance your presentations
- Homeplay assignments
- Buddy assignments
- Daily questions

- Reading assignments

Month One is fleshed out to demonstrate the structure.

## The Leadership and Transformation Program

### Month One

#### The Central Concept: Presencing

##### Key Learning

In Month One, you learn how to be fully present in yourself while at the same time being fully of service to others. You'll integrate the daily practice we call Loop of Awareness, which opens the gateway to a deeper connection with your own innate genius and the genius of others. You also learn how to evoke the genius of yourself and your clients, using a set of tools based on our unique Genius Quadrant and Genius Spiral.

##### Reading:

- *Spirit Centered Relationships*, Chapter Four
- *At the Speed of Life*, Chapter Five and Six
- Kathleen Speeth article in LAT manual
- Section 1.6.B,2 of the manual
- Section 5.16, Attention and Presencing
- **Handouts:** Genius Spiral, Loop of Awareness
- **Buddy assignment:**
  1. Go through Catalyst Basic Practice several times to get familiar with process

2. Use Loop of Awareness process in training and in daily life

**Month Two:**

Conscious Breathing for Stress Relief and Enhanced Well Being, Round One

**Month Three:**

Understanding the Meaning of Movement, Round One

**Month Four:**

The Power of Commitment

Flags: Utilizing Body Language in your Coaching Practice

**Month Five:**

Four Pillars of Integrity: The Structure for an Integrated Life

Giving and Receiving Feedback: A Powerful Key to Lifelong Transformation

**Month Six:**

Developmental Stages: How Early Experiences Shape our Adult Lives (and how to harness the gifts of each stage)

**Month Seven:**

The Truth Shift: Learning to Speak Honestly

**Month Eight:**

The Acceptance and Appreciation Shift: Harnessing the power of non-judgmental attention and genuine appreciation

Communication dynamics (conscious listening, authentic speaking)

### **Month Nine:**

Manifestation, Round One: How to Create What you Really Want in Your Life

### **Month Ten:**

Persona Play: Moving from the Roles you Learned to Your Essence Self

### **Month Eleven:**

Responsibility and Wonder: Reclaiming Your Creativity by Taking Healthy Responsibility

### **Month Twelve:**

The Love Shift: Learning to Love Yourself and Expanding Your Capacity to Give and Receive Love

F.A.C.T.: Our Most Powerful Transformation Process

### **Month Thirteen:**

Breathing, Round Two: Advanced Processes

### **Month Fourteen:**

Movement Dynamics, Round Two: Partner and Group Movement Facilitation

### **Month Fifteen:**

The Triangle: How to Get Unstuck When You are Really in the Grip

### **Month Sixteen:**

Mastery: Moving Beyond Your Personal Story to Living Fully and Effectively in Your Purpose in the World

### **Month Seventeen:**

Making Great Presentations: The Essential Skills

### **Month Eighteen:**

Facilitation, Round One: Creating the Context and Intentions to Collaborate with Ease and Flow

### **Month Nineteen:**

Manifestation, Round Two: Advanced Processes and Perspectives

### **Month Twenty:**

Evoking Genius, Round Two: Living in Your Zone of Genius Most of the Time

Handling the Upper Limits Problem on How Much Positive Energy You Can Integrate

### **Month Twenty-one:**

Creating your next life curriculum: What's Next?

### **Month Twenty-two:**

Melding Essence, Purpose and Action Through the Intentions and Processes that Have Touched You the Most

### **Month Twenty-three:**

Facilitation, Round Two: Making the Skills Your Own

### **Month Twenty-four:**

Synthesis and Integration