

THEMES & RESOURCE CLUSTERS

VISION & COMMITMENT

MINDSET

Fall I Resource Clusters 1-3

- Contemplative practices: Nonviolent Communication & Emotional Freedom Technique Tapping
- Should's, must's, and have-to's
- Time agility

BEING YOUR BEST SELF & OVERCOMING CHALLENGES

MINDSET

Winter I Resource Clusters 4-6

- Personalities, strengths, and limitations
- Heightened emotions and affirmations
- Reconciliation

REALIGNING WITH VISION & PRACTICING SKILLS

Summer Mini Cluster (1 day)

- Feeling and need literacy with your kids

GOALS, MILESTONES, STRATEGY, ACTION PLAN & TIME AGILITY

PRACTICAL STRATEGIES

Fall II Resource Cluster 7-9

- Boundaries and freedom
- Helping kids say no to authority with respect
- Revisiting time agility with the whole family

ACTION, SUCCESS STRUCTURES, HABITS, FOLLOWING PLANS & CELEBRATION

ACTION HABITS

Winter II Resource Clusters 10-12

- Life patterns of play, rest, and accomplishment
- Recalibrating and mourning
- Discernment skills and sensibilities