

PROGRAM COMPONENTS

1	RETREAT	Three day experiential weekend designed to foster a sense of belonging, acceptance, connection and community.
2	TEAM LEADERS	Team Leaders are peers who serve as <i>Tour guides</i> for conscious living and offer ongoing support for students who are dealing with painful, challenging personal issues.
3	SOCIAL EVENTS	Monthly activities designed to nurture and sustain healthy friendships and foster the development of a conscious
4	INDIVIDUAL ASSESSMENT	Built-in measurement and accountability system of observable and measurable Personal Growth goals. Individual performance targets are evaluated once each semester.
5	WORKSHOPS	These monthly workshops on specific topics are designed to help participants realize their self worth and take complete responsibility for their lives as well as their own happiness.

THE FOUNDATIONS OF AN "EXAMINED LIFE"

This workshop provides participants with a basic understand of the concept of life-giving principles and their critical role in creating happiness and success in life.

CHARACTER DEFECTS: THEIR FORMATION & ERADICATION

This workshop helps participants to identify define and understand the dangers of character defects in their lives and then give them the tools and knowledge to eradicate them.

ADDICTIONS: THEIR DEVELOPMENT & HEALING

This workshop provides a safe, compassionate environment in which participants can identify and learn the skills necessary to deal effectively with addictions and understand the consequences of addictive behaviors.

FEARS: THEIR CULTIVATION & CONTROL

The goal of this workshop is to help participants become aware of stifling effects of that personal fears can have on their personal and inter-personal growth.

DESTRUCTIVE EMOTIONS & UNHEALTHY CHOICES

This workshop is designed to introduce the concept of destructive emotions to participants in such a manner that they understand that these are the root causes of many of life's conflicts. Participants are provided with solutions and resources to uproot these negative emotions.

DEVELOPING & NURTURING "RIGHT RELATIONSHIPS"

This workshop introduces the key components necessary to develop consciousness relationships which are of vital importance in the creation of happiness in one's life.

UNDERSTANDING THE NATURE OF GRIEF, LOSS & DEPRESSION

This workshop teaches participants the nature and root causes of grief, loss and depression in an environment of safety and trust. The participants learn to effectively manage these emotions.