

# PROGRAM COMPONENTS

1	LEADERSHIP WORKSHOPS	These five workshops are designed to teach participants the requisite skills and knowledge required to facilitate small groups.
2	RETREATS	Three day experiential weekend designed to foster a sense of belonging, acceptance, connection and community.
3	SOCIAL EVENTS	Monthly activities designed to nurture and sustain healthy friendships and foster the development of a conscious community.
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	PERSONAL DEVELOPMENT WORKSHOPS	These monthly workshops on specific topics are designed to help participants deepen their understanding and knowledge of themselves in the context of personal and leadership relationships.

**CREATING A SAFE SPACE:** This introductory workshop provides participants with the information and skills necessary to provide a space conducive to healing transformation and self-discovery.

**EMMAUS CORE PHILOSOPHY:** This workshop seeks to impart the foundational principles on which the Emmaus philosophy is structured. At Emmaus, we believe that a sense of acceptance, belonging, caring and trust are necessary ingredients for change and human development.

**EMOTIONAL ABUSE:** This workshop introduces the Team Leaders to the definition, types and effects of emotional abuse. Leaders are also exposed to the various solutions to eradicating the effects of emotional abuse.

**LOVE & RELATIONSHIPS:** In this workshop, participants are exposed to the various definitions of love, the elements of creating and nurturing conscious loving relationships and strategies to nurture healthy family relationships.

**HOW ARE YOU HIDING YOURSELF?:** This workshop fosters an in-depth analysis into the various methods used by people to protect themselves from judgment, criticism and alienation.

**FRIENDSHIP & LIFE-GIVING PRINCIPLES:** In this workshop participants learn the definition and importance of friendship and how to nurture this vital gift by authentic self-disclosure, intimacy, and mutual understanding.

**FREEDOM & RESPONSIBILITY:** This workshop gives the participants a greater understanding of the relationship between freedom and responsibility. It also introduces the concepts of the human condition and personal accountability.

**UNDERSTANDING GRIEF & LOSS:** This workshop introduces participants to the stages of the grief process and the nature of the experience of loss.

**LIFE MANAGEMENT & LIFE JOURNEY:** The final workshop of the program deals with the milestones and challenges to be expected on the human journey. The workshop points out the critical milestones to the transition to responsible adulthood and how to deal with the seven common experiences that could derail someone's journey.