



# BECOMING SUPERWOMAN EMPOWERMENT PROGRAM© CURRICULUM

	Month #1	Month #2	Month #3	Month #4
Workshop Theme	Intro Workshop	Values	Perspectives and Choices	Communities and Team Strengths
Overview	Provide participants with the background and history of Aina, as well as determine a preliminary idea of their goal from the program.	Participants will gain an understanding of and appreciation for their personal values & how to use them to propel their futures.	Introduction to perspective awareness and decision-making from self-authority.	Participants will be able to identify their community and team strengths and create networks and support structures for growth.
Objectives	<ol style="list-style-type: none"><li>1. Gain knowledge of programmatic details (timeline, expectations, outcomes).</li><li>2. Determine participant compatibility and readiness.</li><li>3. BUILD TRUST</li></ol>	<ol style="list-style-type: none"><li>1. Identify the difference between beliefs &amp; values.</li><li>2. Identify and prioritize personal values &amp; resonant decisions</li></ol>	<ol style="list-style-type: none"><li>1. Ability to remove yourself from the current perspective and see other sides of the issue.</li><li>2. Identification of the self-empowering perspective.</li></ol>	<ol style="list-style-type: none"><li>1. Identify all of the strengths within every person and connect with them easily.</li><li>2. Ability to move team weaknesses into strengths.</li></ol>
Duration	3 hours	3 hours	3 hours	3 hours

	Month #5	Month #6	Month #7	Month #8
<b>Workshop Theme</b>	<b>Overcoming Limiting Beliefs and Discovering Internal Strengths</b>	<b>Life Purpose</b>	Moving Energy & Power	Writing a New Future and Balance
<b>Overview</b>	Participants will be able to identify and debunk the blocks and barriers that stand in their way to success, and grow their personal strengths.	Participants will be moved into a position of confidence and resonance to become the leader of their own future.	Deep work into the energy of emotions - and how a strong sense of presence gives self-acceptance and power.	Learning to be authoritative over your own life through storytelling.
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. Identify and personify individual internal strengths and connect with them easily.</li> <li>2. Identify and personify individual internal weaknesses and debunk them easily.</li> <li>3. Ability to move weaknesses into strengths.</li> </ol>	<ol style="list-style-type: none"> <li>1. Connect with their inner leader &amp; self appreciation</li> <li>2. Identify a preliminary life purpose statement and connect with self authority</li> <li>3. Experience that life purpose and achievement are about both being &amp; doing, together.</li> </ol>	<ol style="list-style-type: none"> <li>1. Strengthening the power inherent in present emotions</li> <li>2. Ability to move freely into uncomfortable emotions and situations with confidence.</li> <li>3. Mental Balance, Body-Mind Balance, Mental Wellbeing.</li> </ol>	<ol style="list-style-type: none"> <li>1. Applying perspective work and understanding to the story of your life.</li> <li>2. Ability to freely verbalize and tell their stories from a position of power.</li> <li>3. Finding Balance as a power source in rewriting their future.</li> </ol>
<b>Duration</b>	3 hours	3 hours	3 hours	3 hours

	Month #9	Month #10	Month #11	Month #12
<b>Workshop Theme</b>	<b>Life &amp; Business Planning</b>	Technical Experts	Technical Experts	Leadership & Community Support
<b>Overview</b>	Participants are given planning tools and strategies to map out their future on their chosen path.	Outside experts are brought into the workshop to work with the participants on their specific goals	Outside experts are brought into the workshop to work with the participants on their specific goals	Learning to wield power in the 4 leadership areas, and specifically creating a powerful group as a base of support.
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. Create a strategic plan that follows from their stated goals</li> <li>2. Organize the steps needed and adapt to changes within the plan</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants gain skill sets needed to achieve their desired outcomes.</li> <li>2. Confidence in their chosen path</li> </ol>	<ol style="list-style-type: none"> <li>1. Participants gain skill sets needed to achieve their desired outcomes.</li> <li>2. Confidence in their chosen path</li> </ol>	<ol style="list-style-type: none"> <li>1. Growing powerful groups with shared power bases to solve future issues.</li> <li>2. Identify and apply leadership styles in their life</li> </ol>
<b>Duration</b>	3 hours	3 hours	3 hours	3 hours