



**Change & Transition Strategist Training Program
September 2023 – January 2025**

Curriculum Overview

Training Session	Key Curriculum Components
<p align="center">Retreat One Sept. 10 - 15, 2023</p>	<ul style="list-style-type: none"> • Overview of Change & Transition Strategy work • What makes a Change & Transition Strategy session effective • Working with Individual Clients - Part I • Introduction to foundational protocols and diagnostic tools • Applying foundational protocols to your own life • Introduction to and practice of our two signature listening techniques
<p align="center">Homework</p>	<ul style="list-style-type: none"> • Practice listening techniques with friends/family/coworkers • Do practice client sessions • Reading assignment • Writing assignment • Videoconference small group mentoring session
<p align="center">Retreat Two Jan. 23 - 27, 2024</p>	<ul style="list-style-type: none"> • Working with Individual Clients - Part II • The art of designing a client session • A lens on developmental tasks + “The Journey through Change” • “The Path to Well-being” • Gain a deeper understanding of the diagnostic tools and build ability to articulate their purpose and how to use them • Practice articulating key teachings • Review and discussion of homework
<p align="center">Homework</p>	<ul style="list-style-type: none"> • Work with clients • Reading assignment • Writing assignment • Videoconference small group mentoring session



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<p align="center">Retreat Three May 14 - 18, 2024</p>	<ul style="list-style-type: none"> • Working with Individual Clients - Part III • Shaping of the arc of the client relationship to a successful conclusion • Pressure vs. Stress + Ways of Relating to Pressure • Stages of Adult Development • Professional Practice Assessments • Establishing Your Professional Practice - Part I • Practice articulating key teachings • Review and discussion of homework
<p align="center">Homework</p>	<ul style="list-style-type: none"> • Work with clients • Reading assignment • Writing assignment • Client case study • Videoconference small group mentoring session
<p align="center">Retreat Four Sept. 17 - 21, 2024</p>	<ul style="list-style-type: none"> • Identify strengths and challenges in getting your practice started • Working with Individual Clients - Part IV • Archetypes as a lens into developmental tasks • Skillfully relating to difficult emotions • Ambition • Teaching Changes & Transitions Programs - Part I • Present client case studies • Establishing Your Professional Practice - Part II • Review and discussion of homework
<p align="center">Homework</p>	<ul style="list-style-type: none"> • Work with clients • Lead/Co-lead a Changes & Transitions Workshop, Class, or Daylong • Reading assignment • Writing assignment • Client case study or report on teaching • Videoconference small group mentoring session



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<p>Retreat Five Jan. 28 – Feb. 1, 2025</p>	<ul style="list-style-type: none">• Working with Individual Clients - Part V• Teaching Changes & Transitions Programs - Part II• Trainees present case studies on clients or teaching• Establishing Your Professional Practice - Part III• The Strategist Mission• Relatedness• Power• Review and discussion of homework• Envision your Change & Transition Strategist Practice• Stepping Forward Ritual
<p>Homework</p>	<ul style="list-style-type: none">• Complete certification requirements• Launch your Change & Transition Strategist Practice• Videoconference sessions