

A CURRICULUM WITH A GLOBAL *Perspective*

We provide a curriculum that bridges multi-cultural wisdom to modern day issues and potentials. Our teachings stand upon the shoulders of great teachers, past and present. We include lessons on:

Enneagram

The Enneagram has roots dating back to the Dead Sea Scrolls. It has since been studied and passed down by virtue of Oscar Ichazo, who was born in Bolivia and raised in Peru. Armenian philosopher Gurdjieff is also an influential teacher of the Enneagram's inner-work and de-conditioning elements.

Highest-Self

The wisdom of "Know Thyself" originated out of Egypt and African spiritual systems through the Hermetic teachings that gave fuel to the future of Greek philosophy and the scientific revolution, which began in the Renaissance period. Coaching is a key process in attaining true self-knowledge and a powerful gateway to the Highest version of Self.

Indigenous Wisdom

The Native Americans knew and lived with deep affinity and respect for interconnectivity. Chief Seattle is quoted for his wisdom, teaching us: "Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves." This idea rests in the heart of Integrative Intelligence.

Mastery Teachings

Ancient Toltec wisdom teaches us that we can evolve from a Victim to a Warrior and then Master. These teachings provide a powerful pathway to integration in coaching.

Quantum Physics

There is indeed more to life than meets the eye and quantum physics demonstrates just how intereconnected all of life truly is. We touch on the teachings of Dr. Neil DeGrasse Tyson and Akash Peshin in our quantum dive.

Qi and Energy Cultivation

Energy is one of the Eight Domains of Human Potential. We combine the teachings of Yongey Mingyur Rinpoche, a Tibetan Buddhist monk, meditation practitioner and teacher, along with Dr. Chiu-An Chang and HeartMath research.

Socratic Method

Coaching is considered a "Socratic Method" of inquiry. The term originates from the ancient Greek philosopher Socrates whom was known for his powerful questioning approach towards political and social unjust.

Sufi Wisdom

There is a Sufi teaching that fear is half a message, and our heart carries the other half of the message. We explore what a positive relationship to fear can look like as it is a powerful messenger reflecting back to us what we don't want. While the heart reflects to us what we do love, want, desire, and value and is the carrier of deeper Wisdom.

Taoist Philosophy

There are three ways we experience reality: 1) rationally through the mind, 2) irrationally through illusions and 3) non-rationally through intuition and somatic feedback. These concepts stem from the Taoist philosophy of balance.