



# INTERNATIONAL INSTITUTE FOR EMOTIONAL EMPOWERMENT

## EMOTIONAL EMPOWERMENT CERTIFICATION OUTLINE

### TRAINING COMPONENTS

The Emotional Empowerment Certification Program includes the following:

**Orientation Module:** Learn the basic concepts to Emotional Empowerment and begin your personal and professional journey. (Suggested time frame 1-2 weeks)

You will:

- Get a synopsis of how the program works.
- Understand how to use the online classroom.
- Meet your personal Graduate Leader and set up your one-on-one sessions.

What you will receive:

- Electronic copies of Award winning books: F.E.E.L.: Turn Your Negative Feelings into Your Greatest Allies & Emotional Abundance authored by Michelle Bersell

**Module 1 - Emotional Empowerment Training Module:** Understanding all aspects of emotional wellbeing from empowerment versus lack. (Suggested time frame 7 weeks)

You will learn to:

- Understand the how to address sadness from an empowered perspective and the difference between sadness and grief.
- Evolve your relationship with ego and fears.
- Recognize the gift of empowered anger and the tie to forgiveness.
- Receive anxiety from a place of empowerment and utilize it's signal to create deeper inner peace.
- Realize the empowered message of frustration that is tied to receiving.
- Allow the energy of guilt to be a guide to greater freedom.
- Release emotional energy leaks that are stuck in the past.
- Evolve your relationship with your ego and fears.
- Transform negative feelings from liabilities to assets.



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## **What you'll receive:**

The FEEL Roadmap™ - Your guide to transforming your current reality to your ideal circumstances in all areas of life.

Emotional Process Diagrams: Understand and share with clients how Emotional Empowerment differentiates itself from other modalities in an easily understood diagram.

Faculty Training from Dr. Bernie Siegel, Dr. Margaret Paul, Marci Shimoff, & Kristine Carlson.

Personal Support from the IIEE team - We'll take you by the hand to ensure you have the exact path to resolve blocks and live in greater alignment with your truth through our group calls.

**Module 2 - Emotional Mastery:** Complete a deep rewiring of subconscious stories and beliefs from an emotional level. (Suggested time frame 7 weeks)

In this module you'll learn:

- The 7 step system to dismantle beliefs that serve your emotional needs but work against your desires.
- Crack the code to limiting behaviors, so you can break old habits once & for all.
- Understand how disempowering personal triggers support you to receive more of your truth.
- Permanently rewire stories based on shame to higher truth.
- Be set free from deepest fears.
- Build massive self-trust so you can lead your life boldly.
- How to create certainty and steadiness regardless of external circumstances.

## **What you'll receive:**

FEEL Core Transformational Process Blueprint - The step by step process to rewire your subconscious mind to match your desires.

Shame themes 101 - Shame to Shining: A guide to reclaiming the golden aspects of you that have been misunderstood.

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**Module 3 - Emotional Empowerment Coach Training:** Confidently coach your clients through negative emotions and personal challenges to create lasting transformation. (Suggested time frame 7 weeks)

In this step you'll learn how to:

- Apply proven coaching techniques to identify your client's core issues intuitively & instantly.
- Support your client to access the buried gold that lies within their negative feelings.
- Heal your clients relationship with their self-sabotaging behaviors and in doing so rebuild their self-trust to a level where they no longer waiver.
- Confidently address the root issue at a level other modalities are too afraid to acknowledge and embrace.
- Naturally build their momentum to their success keeping them eager to their own unfolding process.
- Make your clients the hero of their journey so they'll continue to have successes for years to come as they step into their higher truth and real self.
- Model healthy emotional intimacy, so clients can deepen their personal and professional relationships that are truly fulfilling.

## **What you'll receive:**

The Bullseye Coaching Method Blueprint™ - The most effective coaching system to create deep, and lasting transformation

Bullseye Coaching Method™ Library: Experience the difference Emotional Empowerment Coaching makes in action!

The Golden Rules to Coaching: Set yourself up to feel confident and serve at the highest level by consciously addressing subconscious emotional needs that coaches try to have clients fill.

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**Module 4: Emotional Empowerment Expansion:** Receive the tools you need to grow your business as a coach and utilize your empowered emotions to confidently expand your business. (Suggested time frame 7 weeks)

What you will learn is how to:

- Breakthrough your comfort zone in your business to serve others as you were intended to fulfill your purpose.
- Attract your ideal clients through integrating emotional empowerment with universal laws and principles.
- Easy enrollment that truly addresses a need potential clients have been searching to find.
- Raise your own standards in order to support your clients to do the same.
- Turn your Emotional Empowerment journey into a source of connection to you and your ideal client.
- Speak to your clients biggest issue, while acknowledging their unspoken concerns in order that they easily feel understood by you.
- Foster continuous referrals with like-minded professionals, businesses, and past clients.

## **What you'll receive:**

**Emotional Empowerment Done-for-you Workshop:** Have audience members feeling emotionally understood more than they ever previously had and in doing so meet an unaddressed need that allows them to easily enroll as your new client!

**Emotional Empowerment Niche Formula:** A proven framework that ties together your gifts and passions into a unique offering that allows you to stand out as a coach.

**Emotional Empowerment Enrollment Blueprint:** Step by step guidance to support a potential client to recognize if emotional empowerment coaching fills a direct and significant need they've been desperately searching to resolve.

**Emotional Empowerment Referral System:** Utilize these processes to build momentum and create a waitlist for your unique services.

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