



# INTERNATIONAL INSTITUTE FOR EMOTIONAL EMPOWERMENT

## CERTIFICATION PROGRAM OUTLINE & PROCEDURES

**ORIENTATION:** Begin with an overview of the certification course concepts and your own exploration of your personal journey from an emotional lens. (Suggested time frame 1-2 weeks)

Exercise due to move onto Mod 1: complete mini-bio.

\*Please note, prior to scheduling any personal coaching sessions with your Graduate Leader, you should have completed your mini-bio and send to BOTH [hw@iiee.training](mailto:hw@iiee.training) AND directly to your Graduate Leader. If there's anything that feels too personal to write, please make note of it, and discuss with your Graduate Leader during your private session. (Also note, that all contractors of IIEE have signed a confidentiality agreement).

**Module 1-EMOTIONAL EMPOWERMENT TRAINING:** Seven lessons that guide you to understand all aspects of emotional wellbeing from empowerment versus lack. (Suggested time frame 7 weeks)

To move onto module 2: Student must complete all 7 lessons in module 1 and finish FEEL: Turn Your Negative Feelings into Your Greatest Allies book review. Lessons should be turned into [HW@iiee.training](mailto:HW@iiee.training) and your graduate leader.

**Module 2 - EMOTIONAL MASTERY:** Seven lessons on the F.E.E.L. Core Transformational Process in which you will learn how to complete a deep rewiring of subconscious stories and beliefs from an emotional level. (Suggested time frame 7 weeks)

To move onto module 3: Student must complete all 7 lessons in module 2 and finish Emotional Abundance book review. Lessons should be turned into [HW@iiee.training](mailto:HW@iiee.training) and your graduate leader.

**Module 3: EMOTIONAL EMPOWERMENT COACH TRAINING:** Seven lessons that teach emotional intimacy skills to deepen your ability to guide others to a core transformation. (Suggested time frame 7 weeks)

To move onto module 4: Student must complete 7 practice sessions using the techniques taught for each lesson. Lessons should be turned into [HW@iiee.training](mailto:HW@iiee.training) and your graduate leader.

\*Please note, practice sessions can be done with a friend or family member in order to apply integration of skills.



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**Module 4: Emotional Empowerment Expansion:** Seven lessons designed to increase your ability to utilize your emotions to receive more of yourself and life, while learning business skills to have compassionate service conversations. (Suggested time frame 7 weeks)

To receive certification the following criteria should be met:

- Complete Modules 1-4 lessons and exercises. **Note all exercises are assignments that are to be put into a word doc and sent to BOTH [hw@iiee.training](mailto:hw@iiee.training) and your Graduate Leader.**
- Orientation module exercise “Clear your Clutter” is due at the end of the program.
- Write two (2) short book reviews on Emotional Abundance and F.E.E.L.
- Attend all scheduled individual sessions with your Graduate Leader and be adequately prepared to get the most from each session even if resistance shows up. Be prepared to discuss what action you have taken since the last session, what results you have had, and be open to receiving next steps.
- Attend two (2) Emotional Empowerment Mentorship group calls per month, either live or by submitting a question. (It is best to attend as many as possible throughout the program!).
- Record and review seven (7) coaching sessions with a practice coaching client utilizing the Emotional Empowerment Process.
- Implement recommended course of action after each training session.

### **Your Graduate Leader Sessions:**

Your Graduate Leader is there to support you with your personal journey incorporating emotional empowerment in your life, your homework assignments, and answering any technical questions you may have. To ensure you have support throughout each module, we have scheduled your sessions with your Graduate Leader based upon the timing of your lesson completions.

Session 1 is scheduled after completion of your mini-bio.

Session 2 is scheduled after completion of Module 1, lessons 1-4, approximately 4 weeks from your first session.

Session 3 is scheduled after completion of Module 1, lessons 5-7, approximately 4 weeks from your second session.

Session 4 is scheduled after completion of Module 2, lessons 1-4, approximately 4 weeks from your third session.

Session 5 is scheduled after completion of Module 2, lessons 5-7, approximately 4 weeks from your fourth session.

Session 6 is scheduled after completion of Module 3, lessons 1-4, approximately 4 weeks from your fifth session.



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Session 7 is scheduled after completion of Module 3, lessons 5-7, approximately 4 weeks from your sixth session.

Session 8 is scheduled after completion of Module 4, lessons 1-4, approximately 4 weeks after your seventh session.

Session 9 is scheduled after completion of Module 4, lessons 5-7, approximately 4 weeks after your eighth session.

\*Should you want more Graduate Leader sessions, we must first check to see your Graduate Leader's availability and there will be an additional charge of \$100 per session.

This program is designed for a student to complete in approximately eight months if you complete one lesson per week and then take a week off after completing a module. The earliest you can complete the program is in six months, as we want to ensure you experience the benefits of the program. Students have a year from date of sign up to complete the certification program. Should you need more than one year to complete the program, student will incur an additional cost of \$197 per month.