



A Guided Self-Discovery Experience

Session 1: Set goals and BE PRESENT

BE PRESENT means paying attention on purpose and without judgment to the unfolding moment and being conscious of what's going on so you can participate fully and appropriately in the opportunities that present themselves.

During this session participants will learn about and practice strategies for being present in the context of a situation they have chosen to focus on during this program. A pre-session "Where Are You Now?" guide will assist in the identification of a practice situation.

In addition, the foundation for conversation in a safe and supporting relational space with Jackie Levin will be established through a meeting design that promotes authentic engagement.

Session 2: BE OPEN

BE OPEN means flexible enough to experience different perspectives or points of view, knowing you are always in one/have one and knowing you always have the choice to shift or change your perspective and/or point of view.

During this session participants will learn about and practice strategies for being open during their selected practice situation. Adapting the TRUST-ology tools and strategies to fit individual style, needs and preferences is an important at this stage of the program and going forward.

Session 3: BE CLEAR

BE CLEAR is when you can identify and let go of the assumptions, doubts and distractions that create distance in your relationships, starting with self.

During this session participants will learn about and practice strategies for being clear during their selected practice situation. Understanding and experiencing how the previous BE states support being clear will be emphasized during this session.

Session 4: BE Vulnerable and Next Steps

BE VULNERABLE allows you to be comfortable exploring areas of weakness as an opportunity to find undeveloped or underdeveloped strength.

During this session participants will learn about and practice strategies for being vulnerable during their selected practice situation. The focus of this part of the process is having courageous conversations with oneself, reinforcing the context of self-trust.

The session will end with a summary / debrief conversation and plan for next steps to sustain the TRUST-ology learning and practices over time.

Trust is so essential to effective action. I love how you have designed a potent model that addresses this key understanding.

Jim Roussin, Executive Director of Generative Learning

For more information about the TRUST-ology Guided Self-discovery Experience contact Jackie at: jlevin4dream@gmail.com.

