

I AM Inspiration!



Online Certified Facilitator's Course

Information and course details for the individual

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The I AM Program

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Disclaimer

All care must be taken to ensure young people are safe and respected.

If at any time a child or young person seems distressed it is the responsibility of the parent, educator or caregiver to offer appropriate support.

The I AM Program cannot take responsibility for the emotions that arise or care given.

Caregivers must take measures that appropriate parental, medical or psychological care is available.

The I AM Program makes a fair and reasonable effort to clearly impart appropriate knowledge and intention to the certified educator but The I AM Program cannot take responsibility for the choices that the certified educator makes within the delivery of their workshop. The responsibility and duty of care for the participants of each workshop lie first and foremost with the individual who is facilitating that particular I AM Workshop.

The I AM Program cannot take any responsibility for the joy and healing that the young person, parent, educator or caregiver may experience, as all healing is due to the desire, broadmindedness and personal power of the individual.

A 'working with children check' or the equivalent is recommended for all adults working with children. Please check with your state for guidelines.

Every genuine effort has been made to contact the owners of the links and resources used within this text, should there be any issue with the content, please contact The I AM Program immediately and we will respond appropriately.

**Thank you, to Marg Eaton for encouraging the development of
The I AM Program Workshops and Emotional Intelligence at Stokers Siding
Public School**

THE I AM PROGRAM

Teaching emotional intelligence and growing self-esteem

Developed by Arna Baartz

Endorsed by Nikki Oughton BA, BA Hons (Psych) Registered Psychologist

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Welcome!

Thank you for choosing to participate in The I AM Program, I AM Inspiration Certified Course For Facilitators

What an awesome commitment you are about to make, not only to the betterment of others, the world and our future but to the most important person of all, you.

If you wish to be the best E I facilitator you can be then you will need to have a developed sense of self-awareness. The more deeply you are aware of who you are the more you will naturally respect and love yourself.

When you, as the facilitator truly respect and love yourself then that, above all, is what you will be teaching to those who attend your workshops.

This course is an introduction into developing the self-awareness you will need to teach Emotional Intelligence effectively.

I AM Inspiration is about accessing the aspect of yourself that is INSPIRATIONAL, the piece of you that others will naturally aspire to.

When teaching The I AM Program workshops you are in the ultimate position.

You are here to remind people of who they really are worthy and creative, undeniably powerful, consciously aware beings. We can step in and plant the seed for a new kind of conditioning, a conditioning that says 'everything is ok, this is the next best step'.

Our thoughts and emotions are powerful triggers for neural growth and it is this brain growth we can affect if we know how.

Developing our emotional intelligence is how we learn to recognise and trust in our intuition.

When generally happy we do it moment by moment with ease and grace. When lost, stuck, frustrated or sad or simply unaware, we can need a little help and that is where the I AM Facilitator plays an invaluable role.

The workshops are designed to trigger self-awareness, to re-configure the brain to a place of positive self-expression.

If we are teaching these workshops from a 'stand over' perspective or a traditional attitude of 'get it done' or 'do it THIS way', we will not be effective.

On the other hand if we are delighting in our own continual development and meeting our personal evolutionary challenges square on, we are in perfect alignment with integrity and respect. In this way we are teaching from a perspective of being and our education is effective.

Children, anyone for that matter, hear first the intention behind the words.

The words we respond to are based on the emotional energy we detect. We mostly respond to others in rote like fashion according to our previous programming.

The I AM Program is about releasing the focus on old values/conditioning moment by moment and replacing this with consciously chosen preferences.

By learning to love ourselves, realising our connection to all that is and having the fearless freedom to express ourselves, we begin to respond to life circumstances rather than to simply react.

As a facilitator, the most effective mode of teaching is one in which we are humbly aware of our individuality at the same time acknowledging the deep physiological and universal connection with each other.

Being prepared to admit we do not know it all opens our minds for exciting discovery and preps the mind for solution orientated thinking!

Opening our hearts and softening our expectations comes about through constant willingness to forgive and connect.

Please note that The I AM Program is non-denominational.

The I AM Program IS however open to the spiritual philosophy of self-love and connection to each other and the universe we live in. We believe that true personal empowerment would leave an individual in no doubt of their importance and part to play in the fascinating and healthy unfolding of their life.

We do not judge nor do we believe that we know what is best for each individual.

We DO SUPPORT integrity in decision-making and an open heart and mind, we contemplate life as a sacred and evolving journey of happiness and positivity.

Today's children, tomorrow's leaders, let us teach them well!

Arna Baartz



Choosing a Bright and Sustainable Future For All

What is The I AM Program?

The I AM Program is an initiative devoted to creating a sustainable future for all through the personal empowerment of children (and adults).

Originally written for children it has been and is continuously being adapted to cater to people of all ages and in almost all sectors of our diverse global community.

The I AM Program has created a wide selection of unique, interactive, arts connected emotional intelligence workshops and full programs for children and adults from 3yrs onwards.

These workshops are designed at the very least to plant the seed of personal empowerment, and at the optimum, encourage a mature response to life circumstance, gifting people with lifelong provision for clarity and calm.

Supporting emotional intelligence development in society ensures higher self-esteem and the accompanying values of resilience, empathy and solution orientated thinking.

Drawing upon The ***Eight Intelligences*** of language, logic, spatial, kinaesthetic, musical, interpersonal, intrapersonal and naturalistic fields, The I AM Program workshops support whole learning.

Addressing a spectrum of intelligence brings about noticeably better results for children, particularly those who may have previously slipped through the gap.

Consistent, values based education is essential to emotional health and emotional health is essential to a functional society.

The I AM Program lesson plans have been specifically designed to incorporate into any established curriculum or classroom and can be adjusted to suit the needs of any sector. They are simple and effective and when used regularly offer a gentle neuro-conditioning toward optimism and success.

Why 'I AM'?

The statement 'I AM' has been chosen as the central theme to symbolise our natural right to happiness and self-validation. **I AM** and that is what matters. My emotions are indicating something to me. I deserve to be happy, emotionally strong and fulfilled simply because I exist. I AM an integral part of the whole. My choices have an effect.

Our responses to circumstances always affect the next step we take. People who respond to life circumstance with emotional intelligence rather than reacting chaotically are more likely to enjoy positive experience as the norm.

To encourage a journey of excellence and fulfillment we must start somewhere, the earlier the better, providing the essential components and laying the foundation for strong and positive value system creation.

By using affirmations such as 'I AM'...Awesome, happy, special, different and worth it etc combined with specifically created emotional intelligence lessons on a regular basis, we provide momentum that supports a feeling of wellbeing in the system and subsequent good decision making.

Children are extraordinarily open to taking command of their emotional worlds and since they are our future leaders we are wise to nurture their innate positivity and solution orientated thinking from the outset.

Our world is going through many and varied changes that require conscious alignment with solution orientated thinking.

The current social climate is attracting an empathy-based approach coupled with intelligent, innovative action.

Globally we need leaders able to retain a calm and balanced body/mind in the midst of turmoil.

Conscious, empathetic detachment and true compassion are some of the values required to move smoothly through this transitional time.

'I AM Inspiration!' offers facilitators/parents support as we shift from traditional approach to embracing and implementing the new attitude necessary for the healthy continuation of our world.

By ensuring that people are introduced to the potential within of deliberately creating a positive life for themselves, we activate the option for a positive generational shift.

Just as literacy and numeracy education is essential to the ease of living so is emotional intelligence/awareness education, both need to be treated in the same way. Consistent application in the classroom and community is key to producing a generation of emotionally intelligent adults.

[Link: The Kindness School](#)

http://www.youtube.com/watch?feature=player_embedded&v=EdV07yd55IQ

When we make a conscious effort to develop the emotional repertoire we will have option for mature response that can change the trajectory of ours and others lives. Where once one's choice may have led in a negative direction, through as little as a 1% shift in emotional understanding a new option arises and the result can be success and happiness!

Bringing about positive change is not only possible but with genuine intention and loving, conscious effort it becomes EASY!

Course Outline

Each day you will be given a set task and requested to follow through. As an individual it is expected that you will set to your task in your own way, at your own pace, coming up with a unique response. Nothing is wrong and you ultimately decide how much of what you learn about yourself you are willing to share with me on your assessment page at the end of your seven days.

NOTE- Part of the final assessment will be either a detailed essay of your experience in teaching and feedback from the workshop you will be asked to hold or (preferably) some video footage of yourself facilitating the required workshop. We will also accept a photomontage of your workshop.

Along with the tasks there may be suggested reading all of which will serve your purpose as a facilitator of The I AM Program giving you the tools to transform yourself into a highly effective facilitator.

Most of the daily tasks are approximately two hours long but of course you may extend them or shorten them depending on your personal response to the task. Most have found they need much longer than this to receive full benefits to be found within the personal development activity. Remembering that the more uncomfortable a task may seem at first the more you will gain from completing it and exploring it from as many angles as possible.

The **required**/accompanying textbook is the second edition of ***I AM Inspiration!*** now titled ***E I E D - a comprehensive guide to developing emotional intelligence in your classroom*** And is available in PDF form from The I AM Program website.

Any questions please contact workshops@theiamprogram.com or call 0407483974

GOAL

The goal of this short course is to enable you to begin or continue your emotional awareness journey in such a way as to feel confident as an I AM representative, teaching The I AM Program workshops, facilitating other's self development and basically giving the world a chance to develop much needed emotional intelligence.

You have an awesome opportunity to deepen your own connection with the best parts of yourself and then share this with others in an exciting forum of self-expression.

Your educating will be done in the clear knowledge that every increment of learning along the way will automatically be shared in an exponential burst of positivity.

Ultimately the I AM Program's goal is to have emotional intelligence education treated as a priority teaching in just the same way as numeracy and literacy are being taught, in every classroom everywhere.

This hasn't been done before on a national or global scale anywhere. Socially there is a greater need for a solution to our future sustainability than ever before.

From bullying in our schools to violence on the streets, including terrorism between nations and general global unrest, from personal depression, suicide, body image, domestic violence, theft, over population, general malaise and fear all come about through a type of emotional unconsciousness.

All fall under the category of underdeveloped emotional intelligence.

Recommended reading: Daniel Goleman's Emotional Intelligence and Working With Emotional Intelligence

Developing emotional intelligence is akin to raising conscious awareness. The most effective way to raise consciousness is in the individual one by one this then naturally flows outward in a healing wave of conscious awareness. One by one we affect change.

There is an old proverb that goes something like 'If my feet are hurting as I walk, do I cover the whole earth in leather or do I place leather over the soles my feet ...?'

It must start with the individual and that is the premise of this seven-day exploration into self as an educator.

What You Will Receive

Within this e-package you will find personal development tasks designed to give and understanding of what will be expected of you as an I AM Facilitator.

Upon completion of the set activities you will be asked to return your assessment page to The I AM Program who will evaluate your work and let you know whether there are any areas that they feel you need to concentrate on. Should all be well you will be given the opportunity to pay the fee of \$300 and receive your certificate.

To choose to commence and receive your certificate you will need to have purchased a copy of I AM Inspiration! / E I ED, PDF as explained in the Course Outline.

You will also receive, upon certification a copy of the first edition 3-12yrs I AM Program workshops (24 workshops), which are then yours to reference or use. You will be offered the opportunity to have your own page on the I AM website for advertising your workshops and posting blogs and photos, plus continued online support.

Should you be teaching The I AM Program workshops for a fee within a school, community service or other institution or upon request by a school for a fee, part of their fee would include purchasing their own copy of the text book.

You are enabled, through the successful completion of this certified course and payment of the fee, to run The I AM Program workshops in your community or home.

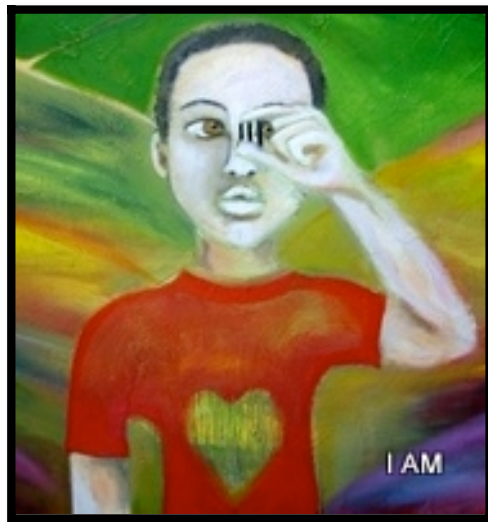
Once you are certified you also receive, as a complimentary gift, an e-copy of I AM Change ~ Creative Course.

I AM Change is a self-guided personal development course to help you shift habits and choose new programming. I AM Change is primarily a self-awareness course which can be used to eradicate sabotaging thought systems that lead to negative behaviour and begin again from a positive, life affirming perspective.

The I AM Program wants all representatives to have a solid, unshakeable love for the self, so hopes that personal development continues long after the certified course is finished!

We teach what we are!

Emotional Development Workshops



Looking Within Finding Gold

DAY ONE

Today we will explore our commitment to being the best facilitator we can be.

Committing to teaching others is in fact the ultimate commitment to the self. The simple fact is that the only thing you are truly teaching is that which you *are*.

You can stand in front of people and tell them all the facts in the world and yes they may very well retain some of that information to regurgitate later but if you want this information to take hold you will need to have become what you are trying to teach.

I am not implying that you will have become 100% of what you are teaching because the very fact that you are teaching it means you still have something to learn or you would be bored. Your intention simply needs to be strong and your mind and heart open.

Humans are wonderful knowledge and emotional sponges! We thrive on adding to our enormous brain space, we LOVE to grow neural clusters of information!

Your commitment is to be a two way communication street.

Having an open mind and open heart means that when you are teaching, what you are saying reaches the other person, rather than being caught in an energetic quagmire of unchecked boundaries and fixed ideas.

Your commitment really is to learning as you go, to humbling yourself and being real.

As a facilitator you get the best results by being aware that you are, in many ways no different from those you teach, that you are ultimately connected on a deep and resonating level with all around you.

Your willingness to connect, to develop your own emotional intelligence (and that means being wrong and making mistakes from time to time) and to give openly whilst remaining strong in your own integrity will make you an invaluable asset to those who are drawn to your workshop space!

Please read the chapter **Affirmations For Educators on page 114 of E I ED.**

Your task today is to read through the affirmations one by one and notice your emotional response to each of them.

Read each one slowly and witness any thoughts that might emerge or physical glitches or feelings that occur in your body. Write everything you notice down.

When you are done, choose one of the affirmations of the five and explore it. Ask yourself, 'is this affirmation true for me yet?'

If it isn't, ask yourself 'in what way is this affirmation incorrect for me?' Explore the feelings around this observation.

Write everything down. Trust yourself, allow your mind to show you your deeper thoughts and feelings, the ones you may normally deny a voice.

Validate yourself through acknowledgement, your thoughts and feelings are credible parts of the self you are coming to know and love.

Now ask yourself, 'What are the reasons I feel this affirmation is untrue?' Write down all the reasons you come up with.

After examining your reasons for disbelieving the affirmation, write down six ways in which you might make this affirmation a reality for yourself. Think about behaviours you might be able to change or tools for calm you could use to help yourself embrace this affirmation.

Be honest with yourself, for example, if you know you are often impatient and worry that this will affect your teaching, acknowledge your fear and your impatience and look into it. This in itself is an awesome prelude to change.

Using tools of meditation and relaxation might help you understand patience, feeling the feelings of fear and impatience may help you dislodge the blockage that is causing the discomfort.

Breathing, drinking extra water, developing compassion for others through understanding your inner child, will all help you be a more patient, loving person.

If you discover that you are really struggling with an issue please feel you can contact us at workshops@theiamprogram.com for additional support.

Developing our Emotional Intelligence and being able to teach it with confidence is all about developing our OWN self-exploration, and self-improvement techniques. If our goal is to teach others how wonderful they are we must be willing to let go, open up and reflect that wonderfulness, we need to embrace our selves, love ourselves and with no hesitation accept our own wonderfulness!

Create 12 affirmations of your own that you might say to improve your abilities as a connected authentic educator.

Remember, anything that reflects a high love of self and connection with the spirituality of life will enhance your teaching abilities.

DAY TWO

Taking a trip down memory lane.

Today you are asked to take the time to go back to your school days.

Find a nice, quiet place, get comfortable and close your eyes.

Breathe in and out slowly, deeply until you feel your body relaxing.

When you are feeling calm and ready allow yourself to travel back to your own school days, don't give yourself any specific direction just intend to visit your childhood and learn something important something that will help you be the best educator that you can be!

Say out loud "show me a memory that can help me the best educator I can be."

Allow yourself to navigate your school days until a memory surfaces, trust that your powerful mind is choosing exactly the right memory to answer your intention.

If you can feel an emotional response to the memory then you know you are on the right track.

It doesn't matter if the memory is negative or positive, it holds within it an opportunity to learn and heal.

Let yourself safely explore this memory until you have received all the information that you want or need from it

When you are done come back to the present, centre yourself with some lovely, deep breaths wriggle your fingers and toes and open your eyes.

Take your pen to paper, write down everything you remember, allow yourself to receive further insight even as you write, put your insights down on the paper.

Don't ignore any thought or feeling that comes to you even if you THINK you might be making it up or using your imagination, whether it can be proven 'real' or not has no bearing, if it is in your mind embrace it, work with it, heal it.

None of what you are writing within the seven day tasks is for anyone's eyes but your own so feel free to get it all out no matter how dangerous or sad it might feel.

Purge the self; this is your opportunity to heal the moments that might hamper your ability to bring a child's self-esteem to power.

Please answer the following questions.

What have you learned from revisiting this part of your school life?

How did it feel being a child at school for you?

What did you enjoy the least about being a child at school

Would you change anything, if so how would YOU go about implementing change, what would you do differently?

Do you think you learned anything from the negative moments you endured or witnessed others endure at school; if so what did you learn?

What did you enjoy the most when you were at school?

DAY THREE

Today is a drawing day or painting if you prefer. You will need colours and paper, the larger the paper the better.

Go back to your school days and remember your worst moment.

Expect an emotional response as your cells relive this difficult time.

Notice the feelings in your body as you remember this time. Sit with the feeling for a minute, if you need to cry please do so, these are formative moments and you were a child.

Expression is important and many of us were not given the tools to express ourselves appropriately as children, furthermore, we were often asked to suppress our feelings and do/feel as we were told.

Now paint or draw the memory, decorate it with colours that represent your feelings, express yourself completely.

Become the little child that you were back then and release any pent up emotion around this time. If you need to shout, DO IT! (into a pillow if you are worried others will hear).

When you are finished, breathe deeply, intend that all residue of this memory be released and dissolved in pure love and forgiveness.

The thought of forgiving a terrible moment in our lives can sometimes be very difficult please request the chapter on Forgiveness in I AM Change, workshops@theiamprogram.com if you feel resistance to the notion of forgiveness.

Due to the emotional element of the above task you may like to leave the second task until the following day. If you are up to it, however, please continue!

Looking back, remember the best moment you of your school days.

Paint it! The I AM Program would love to have jpegs of your artwork to include on the website! If you would like to share, please send to workshops@theiamprogram.com

Decorate it and as you do notice your feelings.

Who was involved? What was so good about it?

Laugh, be happy, really get into the joy that you remember, release it from the confines of the past, acknowledge it and resolve to use it as a template for your future as a self-esteem educator!

When we revisit a time in our lives with the intention of learning from it, we gives rise to a space for powerful healing. Transmuting stagnant feelings can release emotional blockages and open us to positive evolution!

Repeat, these tasks from time to time in your career as an educator.

DAY FOUR

Please answer in full, the following questions. Don't hold back from yourself, ask your mind the question and use free flow writing to record your answers.

Free flow writing is a technique of not second guessing what you are writing but rather, letting the words flow from your mind onto the page without hesitation or spellcheck! This technique can reveal awesome insights.

Many people use it successfully upon waking to record dreams, to explore the unconscious and to empty the mind in preparation for a new day!

Questions

What is your grandest vision of yourself as a teacher of emotional awareness?

As an educator, what is your worst fear?

What is your best memory of something a teacher has said or done to you in the past?

What is the best memory of something a teacher has said or done to you in the past?

What are six things you remember being said or done to you as a child at school that you wish never to repeat with child in your care?

What are six things that were said or done to you as a child in school that affected you positively?

DAY FIVE

Please answer the below questions in full, look deep into your imagination and think outside the box. Put yourself in the child's shoes.

Questions

What could you do or say to a...

Child with separation anxiety on the first day of school?

Child who has just lashed out and hit another child with seemingly no provocation?

Child who is sitting quietly in the corner and doesn't want to connect with others?

Child who has angrily yelled at you?

Child that would rather draw a picture than listen to what you are saying?

Child who is openly bullying another child in front of you and classmates?

Child who is commanding the energy, disallowing you to be heard by other classmates?

Please read the chapters on 'Using Language To Encourage and Inspire' 'Bullying' 'Tips for Inspiring and Motivating children' and 'Self-Esteem' in E I Ed!

After reading the above chapters, please re-evaluate your answers.

DAY SIX

Connection

Today your task is to actively connect with at least six other people, even if you need to ring somebody or go down the road to do it.

Actively connecting means looking into the other's eyes if they are in front of you, relaxing your body; face, throat, stomach and bottom.

It involves breathing and releasing any tightness you become aware of.

It is about releasing your judgement as best you can and humbly being present in the moment with the person you are connecting with.

It means listening when they talk and giving them time to finish their sentences.

Refrain from giving advice in these interactions; let the moment be about being positive and supportive through true connection rather than too many words.

For further insight in to connection, please request the chapter on Connection in I AM Change workshops@theiamprogram.com .

For further insight into releasing self-judgement and on judgement in general please request the chapter on Judgement in I AM Change.

When your day of active connection is over write down your feelings about the connection process.

What did you enjoy about it?

What about actively connecting did you find uncomfortable?

What did you learn?

How do you think you can take what you learned today and enhance your teaching experience?

Do you think that connection is important?

Would true connection be something you would like to experience more of?

Why do you think people find I difficult to connect?

DAY SEVEN

It is important when running The I AM Program workshops that you engage ultimate flexibility.

Although the workshop plans seem comprehensive and well ordered, humans are a dynamic species!

I have had many and varied experiences when delivering the same workshop to different groups of people, so as the facilitator you must be ready for the workshop to be turned on its head!

The key to a great experience for all is to be able to go with the flow whilst maintaining an objective.

For example in *Feeling Sculptures*, my main objective would be to explore the notion that emotions are different for everyone and can be faced without fear and expressed through sculpture!

Pretty simple objective, even though the workshop plan itself has a detailed outline of appropriate discussion topics, visualisation and a structure.

With the main objective in mind, I might begin the workshop at the beginning but if the discussion goes to an unexpected place I can be flexible, just remembering to return to the idea of becoming comfortable with our feelings.

As an educator you need to have the courage to gently bring a conversation to a close and return to your objective.

USE the YES word a lot and sincerely!

Reading E I Ed. will give you a plethora of ideas on how to keep the attention of a group of children or indeed anyone.

It is also useful to ensure the children are well hydrated, fed (healthy food) and comfortable!

Above all remember not to take yourself or the workshop TOO seriously; best work is done in an environment of enjoyment for all!

Today's Task is to run a lesson plan from a workshop of your choice with at least one other person.

Part of your assessment will be to provide some video footage, or photographic footage of your teaching style, so if you have some already that is great send it along. If you haven't, you may need to organise a helper to video or take photographs.

Be creative, we love creativity.

Remember to get permission from parents and caregivers to photograph children and further permission to use photo's for certification/promotional purposes. You may request a photo permission form at info@theiamprogram.com or create one yourself.

Spend some time reading through the workshops and lesson plans at the back of E I Ed. so as to familiarise yourself with the information, discussion topics and activities therein.

You may choose to *organise* to run the lesson plan (must be free of charge) on a convenient day as making it happen NOW could be out of the question!

Don't be too concerned about the age of the people, unless they are very young, if young, use one of the ideas in the 3-5 yr workshop at the back of E I Ed.

Older children and adults can successfully enjoy workshops originally written for younger children, with simple adjusting of language.

The I AM Program workshops are about opening up discussion around emotions, introducing a feelings vocabulary and creating a positive value system.

We use the arts because it makes learning fun for everyone no matter the age.

For your workshop, please create a feedback sheet to hand out to your participant(s) ask questions like 'what did you enjoy most about the workshop?' 'What did you enjoy least?' 'What would you add?' 'What would you take away?' 'Would you like to do more workshops like this?' 'Do you have any suggestions?' 'Do you think this workshops could help kids get to know themselves?' 'Do you think that people should love themselves?'

You choose your questions based on what you would like to be asked if you were a participant.

Please include your participant's feedback sheets in your assessment sheet.

Please answer the below feedback questions as the educator and include in your assessment sheet.

Which lesson plan did you deliver?

What did you learn whilst delivering this lesson plan?

What would you add next time?

What, if anything, would you remove to make it work better for you?

Would you structure the workshop differently, more or less talking, activities etc.?

How did it FEEL to stand in front of your group?



NOTES

It is suggested that you apply for a working with children check or the equivalent for your state, territory, country.

This is often required if working in schools and is something that parents/caregivers are within their rights to view.

A first aid certificate is also recommended when working with groups of people. It is good to have the security of first aid knowledge and is also comforting to people whose children are in your care.

These are suggestions only and it is up to your own discretion.

The I AM Program cannot take any responsibility for you or your chosen method of delivery when running the workshops (see disclaimer on the back of your certificate).

We are here for you if you need online support and expect you to look after your personal development and use The AM Program title with respect and integrity.

The I AM Program has been run in schools and in the community, when doing your advertising make the I AM Program information available so that your clients may read the testimonials to verify the program as successful and appropriate for their children.

Have your certificate available for parents and teachers to see.

The I AM Program has been endorsed by a registered Psychologist and has been included as a resource in SCAN magazine by NSW Department of education and training. It has also been run in schools and as private workshops to great success, please see testimonials at the front of E I Ed. and on the website www.theiamprogram.com

The I AM Program has been run on the ground in Uganda as an imagination activation program to bring hope and vision to orphans.

It is also used to provide free workshops and art materials to underprivileged children and schools around the world.

ASSESSMENT TASK

Cut and paste into a word document for your convenience complete and return to:

workshops@theiamprogram.com

Please complete the following questions (at least one page per answer, be free yet specific in your answers, we evaluate from a place of empathy and respect)

Copy and paste for your convenience.

Q 1. Tell us about yourself and why you would like to be a self-esteem/emotional intelligence educator?

Q 2. What does 'education' mean to you, if you were an educational leader what would you like to see change and why?

Q 3. What do you see as the most important aspect of education and how will you ensure that aspect is made available to the children you teach?

Q 4. What is your philosophy on life and your most positive vision for the future of humanity?

Q5. How does the word 'connection' feel for you, does it resonate positively or do you feel fear around the concept of genuine connection? Please be honest and specific.

Q 6. Are you willing to continue your own personal development, what do you see as your biggest weakness and how do you intend to address this weakness?

Please write about your experience when conducting your experimental workshop.

Please attach your participants and your own feedback sheets from the experimental workshop. The I AM Program understands that the first time can be a challenge!

Please attach your video footage and/or photomontage along with your assessment.

*Thank you so much for completing this online course and the
assessment questions*

We appreciate your dedication and hope to hear from you soon