

12 Week Empowerment Course

Living BIG, BOLD and BADASS 2019 Course Syllabus

Part 1: Course Information

Instructor Information

Instructor: Dan Bernard

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Office Hours: TBD

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Course Description

The goal of this course is to support you in achieving remarkable results in your life! This educational training system teaches participants how to create new relationships with the thoughts, emotions and excuses that previously kept them from reaching their goals.

Prerequisite

- Complete the online registration and participant release form at www.badassdiabetic.org

Textbook & Course Materials

Required Text

- Living Big, Bold and Badass - The Workbook - by Dan Bernard

Recommended Texts & Other Readings

- Other readings will be made available in the course website

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Cell phone to participate in live conference calls

Course Structure

This course is delivered through a combination of live weekly group audio conference calls, weekly online assignments and interactive projects.

Online Resources

www.badassdiabetic.org

Part 2: Participant Learning Outcomes

Our Training System:

- *Identifies your disempowering patterns and associated thoughts and emotions;
- *Teaches you how to interrupt the thoughts and emotions that trigger self-defeating patterns;
- *Increases your focus, motivation, intentionality, commitment and drive;
- *Produces increased results

What You Can Expect:

- *Feel turned on and alive
- *Desire to be accountable
- *Increased capacity to create
- *Confidence to tackle any challenge

You will meet the objectives listed above through a combination of the following activities in this course:

- Attend weekly conference calls
- Complete weekly goal/mindset tracking forms and assignments
- Participate in weekly coaching that creates breakthrough

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Part 3: Topic Outline/Schedule

Week 01:

- Teach participants how to use forms - rules of the game
- Induction and deepeners - How to become an observer of your thoughts
- Inspiring vision - What do you intend to get out of the course?
- Education.Motivation.Empowerment. - What is this course?
- Dissociation exercise - Appalachian Trail story

Assignments (Due Midnight EST Sunday):

- Emotional Awareness Exercise
- Inspiring Vision
- Weekly Integrity Tracking Form
- Partner Identification

Week 02:

- Be-Do-Have; Take it ALL THE WAY BACK if you want lasting results
- Identify limiting belief/critical factors - share circus elephant story
- Bypass critical factor - socratic questions - is it real?

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 03:

- Reasons vs Results - you can have one or the other, not both
- Tree of Life (Roots and Fruits) - Where is your focus?
- Time-line intervention - leaving the past in the past - how to live without fear/tension/stress/anxiety

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 04:

- Integrity + Commitment = Conscious Results. The heart of this course!
- Head-Heart-Gut exercise - freedom to choose your future

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 05:

- Integrity Conversation - what is integrity? and why is it valuable to us?
- Capacity to Create - expanding your ability to create your results

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 06:

- Check on progress - ½ way done with course after this week!!
- Pain - how does mislabeling pain sabotage us?

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form
- Outside Stretch

Week 07:

- Coach integrity as needed
- The 4 Agreements - Miguel Riuz - You get to choose how you respond to external circumstances

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form
- Listen to online audio resources on website

Week 08:

- Coaching on playing beyond limitations.
- Be committed to your WORD - your word is all you have and all you need

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 09:

- The Cost Of Perfection: Connection
- Social Agreements - what are yours and how do they hold you back?

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 10:

- Thought Cascade - “and then what?” Don’t jump from A to Z
- Finish line - Who do you have to be to make it happen?

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

Week 11:

- Disempowering vs Empowering thought cycles - equal and opposite forces
- The Gruffalo - you get what you get

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form
- Completion Form

Week 12:

- Recap - what have you learned, how is it showing up in your life?
- Invite participants to share from their Completion Form
- How you finish this last week “on your own” will say a lot about your level of participation
- Goal mapping - what now?

Assignments (Due Midnight EST Sunday):

- Weekly Integrity Tracking Form

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Part 4: Participation Evaluation Policy

Graded Course Activities

Points	Description
120	Weekly Conference Call (12 Weeks)
120	Weekly Integrity Tracking Form (12 Weeks)
10	Emotional Awareness Exercise
10	Inspiring Vision
10	Partner Identification
40	Outside Stretch
5	Additional Audio Resources
40	Completion Form
355	Total Points Possible

Late Work Policy

All assignments are due at Midnight EST Sunday after call. No late work will be accepted.

Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

Letter Grade	Percentage	Performance
A	93-100%	Excellent Work
A-	90-92%	Nearly Excellent Work
B+	87-89%	Very Good Work
B	83-86%	Good Work
B-	80-82%	Mostly Good Work
C+	77-79%	Above Average Work
C	73-76%	Average Work
C-	70-72%	Mostly Average Work
D+	67-69%	Below Average Work
D	60-66%	Poor Work
F	0-59%	Failing Work

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Part 5: Course Policies

Attend Class

Participants are expected to attend all class sessions as listed on the course calendar.

Participate

Course instructors monitor, track, and/or score participation.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective communicator. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that they can help you find a solution.

Complete Assignments

All assignments for this course will be submitted electronically through the course website unless otherwise instructed. Assignments must be submitted by the given deadline or special permission must be requested from instructor *before the due date*. Extensions will not be given beyond the next assignment except under extreme circumstances.

All discussion assignments must be completed by the assignment due date and time. Late or missing discussion assignments will affect the student's grade.

Inform Your Instructor of Any Accommodations Needed

Disability Statement: If you are a participant with a disability requesting reasonable accommodations in this course, please visit Disability Accommodations and Support Services (DASS), or call 540-818-3188. All requests for reasonable accommodations require registration with DASS in advance of need: Instructors, participants and DASS will work together regarding accommodations.

Commit to Integrity

As a participant in this course you are expected to maintain a high degree of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom. Additionally, course material and topics are only to be discussed with current participants.