

The Sacred Journey

Transformational Living Concepts Training Program

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PROGRAM

Being One's Full-Potential - Body, Mind, and Spirit in all Domains of Life

Three Primary Areas of Supporting Participants Lead Full-Potential Lives

1. WELLNESS & OPTIMUM HEALTH = H.Q. (Health Quotient)

2. WELL-BEING = OPTIMUM E.Q. (Emotion Quotient) A.I.Q (Applied Intellect Quotient)

3. FULLFILLING RELATIONSHIPS Social Quotient

Future Components of Transformational Living

4. Life Purpose, Mission, & Career

5. Spiritual Alignment & Daily Life

Formats For Facilitating Participants to Reach Goals

- PREVIEWS - Introductory Presentations & "Home Gatherings": Health Facilitation/Transformational Healing
- TOPICAL LECTURE - DEMOS - To Specialized Support Groups & Orgs: i.e. Parents, Ailments, Behavioral Probs.
- TOPICAL MINI-WORKSHOPS - Evenings or 1/2 Day i.e. Dyslexia, Weight, Pain, Nutrition, Single Mindedness ...
- SPECIALIZED WORKSHOPS - All Day or Course Format: Nutrition, Prosperity, Single-Minded Success
- CORE SEMINARS - 2 Day T1-T4 & SPECIALIZED T1 SEMINARS for Target Populations, i.e. Teens
- COURSES/CLASSES - Provided During the Week Especially at the Insitute

Core Instruction

Transformational Counseling & Wholistic Wellness Curriculum	

CLIENT SERVICES - After Seminar Support

Integrating Methods Into Success Filled Daily Routines

KIP = Kalos Integration Program: (3 Initially) = 1) Wellness; 2) Wellbeing; 3) Relationship	Individual Home Integration Program: Audio & Video with Notebook, Fill in charts, Exercises	Home Practice Group: 1/2 hour video instruction then practice; tape and workbook exercises	K.I.P Course Offered at the Institute and through Community Centers (where operating)
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Special Interest Support Groups: Dyslexia (Brain Integration), Depressoin (Joy), Diet (Optimum Weight), Pain, Chronic Ailments, Obsessive Compulsive Behavior, Spouses, Parents, Teens,

AUDIO TAPE SUPPORT
Preventive Care
Resolving Issues as Come Up
Inspirational Living
Health Facilitation Skills Series
Reference Tape
Series
Daily-Montly-Quarterly Routines
- diet, cleanse, exercise

VIDEO TAPE SUPPORT
Training - Methods, Processes & Techniques
Demonstrations of Utilizing in Daily Routines
Applying the Concepts
Health Topics Series

POCKET BOOKLETS
Transformational Living
HOW TO MANUAL REFERENCE BOOKS
PRACTICE WORKBOOKS
With Video Instruction

INDIVIDUAL COACHING
Optimum Health & Well-Being Coaches
Health Facilitation Program Coaches
Health Facilitator & Ministry Coaches
CD-Roms Computer Programs

EDUCATION SERVICES
900 Q & A Recordings
Conference Call with Valerie
KALOS.COM SERVICES
Bulletin Boards, Chat Rooms
Q & A Sessions
On-Line Journal
Health Facilitator News

Transformation Tools
Check lists, daily routine charts, wallet how to cards...
Colored/laminated Kalos Instructional Charts...
Reminders: Mugs, stickers, pins, decals, magnets, pens

FACILITATOR TRAINING - Phased Professional Skills Development

Learn and Serve, Apply and Grow

- A -	- B -	- C -	- D -	- E -	- F -
CERTIFICATION	Community Service	Personal Coach	Effective Communicator	SEMINAR LEADER	TRAINER OF LEADERS
Transform. Counselor	Seminar Assistant & Coordinator; IP Facilitator	Body, Mind, & Spirit	"Power of Speaking Sem."	Assistant's Training & I.P Leader	INTERN MENTOR LECTURER TUTOR SEMINAR TRAINER
Health Facilitator	Building a Practice	Wellness Coach	Transformational Healing & Health Facilitation	WORKSHOP FACILITATOR	
Minister of Healing	Creating a Ministry	Optimum Physical ...	LECTURER	SEMINAR FACILITATOR	
Internship Program: Review Work-ups, Be Observed, Assist Valerie, Journalize, Submit Taped sessions		Well Being Coach	Health & Wellbeing EDUCATOR		