

TLC

TOTAL LIFE CONCEPTS

RESOURCES PERSONAL & PROFESSIONAL GROWTH

SERVICES & PROGRAMS FOR:

Optimal Wellness Services
Well-Being Programs
Expressing Full-Potential
Clarifying Vision & Goals
Living Your Purpose
Empowering Career Transitions

EDUCATION & TRAINING FOR -

Wholistic Health Training
Innovative Entrepreneur Training
Inventive Ideas Development Training

AVAILABLE THROUGH TLC's

Metro-Resource Centers for Personal Development & Entrepreneurial Training
Retreat Resorts for Personal & Professional Development

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THE TOTAL LIFE CONCEPT - AN OVERVIEW

INTRODUCTION

The following is both an introduction to the concepts of TLC and an overview of their application through facilities, programs and services. TLC is also the acronym for Tender Loving Care which is the environment we are creating for facilitating the full-potential of: patients, clients, customers, and students.

TOTAL LIFE connotes all aspects of our being and it's expression in all the domains, throughout the transitions of life —

- Body, Emotions, Mind, Integrated Personality, Spirit
- Self, Relationships, Families, Work & Other Institutions, Community & Society
- Birth, Puberty & Majority Age, Marriage & Children, Careers & Vows, Death ...

A **wholistic wellness approach** signifies a *multi-modality* complementary (alternative) program for *facilitating well-being - body, mind, spirit*. (Wholistic spelled with an “w”, according to Webster's, indicates the physical body is included.)

A **holistic oriented outcome** denotes facilitating program participants to reach their *full potential* in all domains of a well-balanced, joyful life, termed *well-being*.

A **whole program** spanning the *whole of a person's life* includes specialized components for reviewing the *opportunities in life's transitions*.

The program would thus facilitate —

- *Discovering our core-being* - who are we, what is our fundamental nature and disposition, how do we perceive and act out of gender, age, culture and race.
- *Experiencing the gifts, talents, attributes and meaningful styles* we can release in each newly accepted identity.
- Increasingly *building our character*, while *integrating our personality* during life's challenges.
- *Expressing our unique calling* and it's mission in service, it's long range vision.

One of the core foundation supports of this TLC (whole-life) model is predicated on “bio-system” theories within, between and around people. These symbiotic intra and inter person systems address more than the seemingly competitive components but also the synergy of the sum of the parts. As the scientific community has noted human beings are either in expansion or contraction. Contraction is entropy or decay and death. We are invited to be a subject of that expansion, not an object. We are invited to Be; to be human beings, not simply “human doings.” This is the model of holistic living that seeks balance for our lives in left and right brain, head and heart, in family and career, in activity and reflection... The source of all creative expression, Spirit, is being seen once again as our inspiration and aspiration in service. ...

TLC is bring together a holistic model for personal and professional development through:

- 1) Education ...
- 2) Training ...
- 3) Counseling ...
- 4) Treatment ...

In transformational seminars and sessions it has been demonstrated that individuals may be healed of disease and impediments, but unless they create an arena to express their full-potential they can continue to recycle sub-conscious patterns into new disorders.

To go beyond health (sub-health) into wellness (optimal-health) we must:

- 1) resolve hidden programming
- 2) live out of our love and commitments for manifesting what is dear to us, thus be realizing our full potential.

To live a life of well-being we must create a balance in our lives of all our aspects and domains:

- 1) Body, Mind, Spirit.
- 2) Spirit, Self, Spouse, Family, Career, Mission

To experience a profound sense of contribution and joy, it seems we must also, be creatively manifesting our life purpose, our mission, and co-creating a shared vision.

This is the heart of the TLC model for personal and professional development which is presented through the core curriculum listed below.

I. CORE CURRICULUM

The Core Curriculum seeks to implement the previous concepts. It is Total Life Concept's educational foundation for personal and professional development is available in each locale/facility, no matter what the "local" thematic focus is.

This Core will be presented with the following essentials:

- It is a facilitated journey based in the participant's requirements: self-paced & modular.
- It is a supportive atmosphere in a beautiful environment with ever present "tlc"
- Individual Coaching is available for each person and for each domain: nutrition & personal goals; relationships & family, career & mission.
- Individual Evaluation and Customized Programs with personal attention is the foundation.
- Support Groups and Group Participation Educational offerings are available in conventional experiential programs.
- There is continuity from pre-arrival to follow-up support tapes and materials.
- There are multi-media presentations that incorporate the most successful super-learning methodologies.

II. METRO-AREA LOCALES AND RETREAT (RESORT SPA) ENVIRONMENTS

will make the Core Curriculum available to commuting participants as well as long distance guests.

- Support commuting program participant programs and service clients in centrally located metro-plex area, in pleasant surroundings. (Proximity provides accessibility,for

convenient follow-up.)

- Support participants to focus completely on a programmatic area in the seclusion of a Retreat (Resort/Spa). Intensive exploration, combined with multi-modality services in a fun, growth filled and beautiful environment.

III. CORE EDUCATIONAL, TRAINING & RESOURCING SERVICES

will be available at both the metro & retreat facilities.

- There is a Resource Center (library/store) with print and tapes, plus interactive software programs and research databases.
- There is a Do It Yourself - Education Center with Instructional Video, Taped Courses, Self-Paced Manuals, Modular Learning Labs, Interactive computer programs
- There is a multi-media conferencing center for groups and teleconferencing.
- There is a training center.

IV. PROGRAMMATIC SPECIALIZATION WITHIN EACH FACILITY

for target populations: identities, transitions.

Kids, Teens, Young Adults

New Couples, Long-Term Couples

New Parents, Parents of Teens, of ...

Careers in Transition (from unemployed & underemployed & newly employed to creating a career/mission).

...

V. THEMATIC FOCUS OF THE UNIQUE RESORTS AND METRO-ENVIRONMENTS

based on the distinctive location, land and facilities.

Each resort and metro facility will provide most aspects of the Core Curriculum. Because of the assets inherent in a particular location and it's management team there will be a thematic emphasis and speciality focus to each site. Thus as each new location develops it will expand upon and add more differentiated services. The whole system of resorts and metro centers will complement each other as participants may select successive thematic intensives at the diverse sites. For example, the foci of the current development sites are:

A - "Healing, Rejuvenation and Well-being Retreat"

Complete Rest and Relaxation Spa

Cleansing and Rejuvenation - for the Healthy and the Chronically Ill.

Individualized Programs

Living Your Full Potential - Body, Mind and Spirit

Ideal Weight and Body Contouring

Hiking, Exploration, Recreation & Playful Sports

Group and Individually Designed Exercise Programs

Gourmet Vegetarian Dining, Live Foods, Juice Bar

Residential Treatment Centers: Addictions, Compulsions, Dependencies, Crisis
Kalos Health Institute - for Training Lay People and Health Facilitators
Wholistic PPO (HMO?)

B - “Transitions - Personal & Professional Growth”

Optimizing Health & Well-being
Customized Fitness and Nutrition Counseling
Single-minded Success Transformational Counseling

Career Transitions for America's Intellectual Capital
Re-tooling Professional Skills for the 21st Century
The Career Market, What's Growing What's Declining

Technical & Professional Placement Strategy Counseling
Officer & Management Placement Strategy Counseling
Career Advancement Coaching

“Intrapreneur” Product Development Training
Establishing or Working Through an Ongoing Consulting Business
Creating Interim Work or Additional Income Through a Professionals Temporary Agency
Home-business Development
Virtual Partnerships & Alliances
Invention and Innovative Project Development Training

Living Your Full Potential - Body, Mind and Spirit
Upgrading Your Professional Style & Management Abilities
Optimizing Your Leadership Skills

C. “Life on the Edge, Living Your Vision Fully”

Coaching for Balanced Success in All Aspects of Life
Living Your Full Potential
Actualizing Leadership Potential
Peak Performance Training
Creating Single-minded Focus on Goals
Optimum Health Individualized Programs
Multi-media Innovation & Entrepreneur Programs
Breaking Through Barriers - Ropes Course
Adventure Sports
Complete Wellness Health Club - Your 30,000 Mile Check up

VI. SUPPLEMENTAL SERVICES

to provide a rounded and balanced “whole person” approach for personal and professional growth. Near the metro-center and at the resort there should be a ...

“Full Potential” Mini Mall; ...
Optimum Wellness Clinic,
Wellness Health Club

To support individuals reach their mission goals and manifest their vision there should be the additional centers of:

Innovation, Invention Development
Entrepreneurial Resourcing & Training.

PERSONAL & PROFESSIONAL GROWTH CORE "CURRICULUM"

(Available at the retreat & urban centers in respective formats)

WELLNESS

Optimizing Health
Transformational Healing
Living Your Purpose
Living a Balanced Life

FULL-POTENTIAL

Clarify Visions & Goals
Identify Gifts & Talents
Enhance Creativity
Leadership Skills

INNOVATIVE ENTREPRENEUR TRAINING

INVENTIVE IDEAS DEVELOPMENT TRAINING

RESORT, SPA, RETREAT

Name Is Locally Originated?

Umbrella-based Sub-Title

" _____ Tag Line _____ "

Wellness Retreat
Rejuvenation Spa
Multi-media Conference Center
Intensive Training Facility
Ropes Course & Programs
Health Club & Wellness Clinic
Residential Treatment Programs
Individualized Programs

METRO-PLEX (URBAN CENTER)

Name Is Locally Originated? Umbrella-based Sub-Title

" _____ Tag Line _____ "

Entrepreneurial Resource Center
Corporate Services
Invention Incubator
Laboratories, Workshops
Cubicle Workspace
Office Support & Centralized Corporate Services in Crc above

CORE EDUCATIONAL, TRAINING, & RESOURCING SERVICES - available at retreat & urban locations in respective forms

RESOURCE CENTER

Multi-Media Library, Store, (Catalog)
Books, Manuals, Periodicals Audio Tapes Videos Soft-ware CD-ROMs Modem & Internet
Research Service

EDUCATION CENTER

Self-Paced, Modular, & Interactive Programs
Videos Instruction
Video Study Groups
Learning Labs
Soft-ware
Cdrom's
Modem & Internet
Extension Courses

PERSONAL & PROFESSIONAL COACHING PROGRAM

Participants can access Standardized Training Programs, Self-Paced Modular Programs, Study & Exploration Groups.
Individualized Coaching is available to support participants to clarify goals, maximize growth opportunities through our programs, and create after "class" coaching for ongoing success.

TRAINING CENTER

Lectures
Panel Presentations
Courses
Mini Workshops
Seminars

MULTI-MEDIA CONFERENCING CENTER

Conference Facility
Uplink & Modem for "Televised" Conf's.
Video Conferencing for Planning Mtgs.
Hi-tech. Super-learning Training

SUPPLEMENTAL SERVICES - available where possible at our retreat and urban sites

Wellness Health Club
Optimum Health Clinic
MINI-MALL (Contemporary Concept in Innovative Resource Stores)

BODY:

Wellness Health Club

Kalos Wholistic Physical

Ropes Course

Adventure Sports

Body, mind, spirit integrated programs, i.e. Aikido (non-aggressive, transformative force)

MIND (including right & left brain alignment):

Full Potential in Action

Coaching and Communication

Leadership Skills

Kalos Transformational Healing

Peak Performance Training

Single-Minded Focus for Results

Entrepreneurial Training

SPIRIT:

My Word is My Faith THE ETHICS OF KEEPING YOUR WORD

The Zen art of Business

Samurai Warrior Discipline

Living Your Divine Purpose While Being Paid for It.

Business as a Spiritual Practice

Integrating Financial Success with Spiritual Practice

Commitment, Integrity, Contribution - Keeping the Vision Alive