



MASTER YOUR SUPERPOWERS

FULL COURSE CURRICULUM

PURPOSE OF COURSE:

To introduce an ancient methodology reinterpreted for the contemporary corporate landscape. This course is tailored for organizations looking to help team members harness their inherent strengths, transform vulnerabilities into assets, and optimize interpersonal dynamics in the workplace. You will gain insights into the diverse nature of individual employees and teams, and be able to facilitate better collaboration and overall corporate harmony.

OUTCOME OF COURSE:

By the conclusion of this course, participants will:

1. Grasp their unique persona as mapped by an elemental composition and further delineated into one of twenty corporate archetypes.
2. Pinpoint specific strengths and areas for growth.
3. Acquire actionable strategies to bolster strengths and address professional vulnerabilities for improved workplace efficiency and achievement.
4. Improve communication, ensuring effective dialogue with colleagues.

INTRODUCTION MODULE:

Chapter 1: Each team member has a unique role and contribution. and each person is a vital asset to your organization. Your influence can significantly shape each person's trajectory and success and in turn the collective outcome. Every individual's growth and achievements contribute to the broader organizational goals.

We have control over three things – our perspectives, our decisions, and our actions. When we recognize our professional strengths and potentials, we understand that our most significant source of influence is our Self.

Challenges in the workplace exist to hone our skills and elevate our performance. This course is dedicated to enhancing each person's understanding of themselves, and others, allowing each person to access their inherent strengths and truly transform their daily work experience.

MODULE 1: THE FIVE ELEMENTS AND YOU

Chapter 1: Introduction to the Five Elements

1. Chinese Energy Theory
2. Elemental associations to shape, season, color, organ, emotion, food, etc.
3. The elements and how they show up in our personalities
4. The “virtues” of each element as it relates to superheroes

Chapter 2: The Element of Water

- Qualities of Water, Superhero water traits (superpower, virtue and weakness), introduction to “Selene” and her multiple aspects

Chapter 3: The Element of Wood

- Qualities of Wood, Superhero wood traits (superpower, virtue and weakness), introduction to “Nexus” and its multiple aspects

Chapter 4: The Element of Fire

- Qualities of Fire, Superhero fire traits (superpower, virtue and weakness), introduction to “Avior” and his multiple aspects

Chapter 5: The Element of Earth

- Qualities of Earth, Superhero earth traits (superpower, virtue and weakness), introduction to “Talitha” and her multiple aspects

Chapter 6: The Element of Metal

- Qualities of Metal, Superhero metal traits (superpower, virtue and weakness), introduction to “Alcor” and his multiple aspects

Outcome:

By the end of this module, teams will be equipped with insights into the interplay of elemental personalities. They'll be better positioned to foster synergies, manage conflicts, and adapt communication styles to harness the collective strength of the team. The shared experience of this module will serve as a reference point for future collaborations, helping teams to operate with increased empathy and understanding.

MODULE 2: THE FOUNDATIONAL ELEMENTAL RELATIONSHIPS

Chapter 1: The Creative Cycle

- How the elements support each other, and how each element depends on the other with examples of how this relates to yourself and how you get along with others.

Chapter 2: The Controlling Cycle

- How each element keeps the other elements in check, and how one element can control another with examples of how this relates to the elements within you, as well as why you don't care for some of people you encounter in your life.

Chapter 3: Conversations between the elements

- Humorous depictions of the elemental superheroes having conversations with each other, showing the different way each element will speak their preferences and act and say things differently.

Chapter 4: Introduction of the Integrated Archetypes

- Explanation of how the primary and secondary element (two highest scoring from the assessment) make up the archetype
- Explanation of composition – how two of the same archetypes can have different personality composition.

Chapter 5: Discussion questions for deeper awareness

- A few questions and topics of discussion if one is doing team building or taking this course with a friend or family members.

Outcome:

Upon completion, teams will have a foundational knowledge of elemental personalities, enabling more effective collaboration by recognizing and valuing diverse strengths within the team. The newfound understanding will promote smoother interactions and encourage cohesive team dynamics, fostering a workplace environment where "aha" moments are celebrated and individual differences are acknowledged as strengths.

MODULE 3: UNDERSTANDING OTHERS BETTER THROUGH THEIR ELEMENTS

Chapter 1: Do you ever feel “out of your element”?

- What you might think when you are interacting with others and when you don't understand them. You may feel “out of your element” and why that is.

Chapter 2: Fun Elemental Conversational Scenarios

- Just Do It – Five ways each element responds
- Who Made This Mistake? (Not me) Five ways each element responds
- Who Made this Mistake? (Oh-oh. I did.) Five ways each element responds
- Accomplishment Recognition - Five ways each element responds

Chapter 3: How We Evolve Through Interactions with Others

- Explanation of common questions as to why someone might take the quiz again, and have a different elemental composition. This chapter talks about the Law of Attraction and the Law of Opposites that come into play with the people in your life. Also, I share the concept here of “You grow on the edge of support and challenge.”

Chapter 4: The Yin and Yang of Elements

- This chapter addresses the “inner” and “outer” aspects of each of the elements and helps to further define why one person's fire, for example is more obvious than another person of the same element.

Outcome:

Teams will develop a nuanced appreciation for the richness of interpersonal dynamics that play out in a corporate setting. They'll be empowered with strategies to navigate misunderstandings, celebrate successes, and embrace diversity of thought. By recognizing the value of different elemental responses in various situations, teams will become more adaptable, resilient, and unified, ultimately driving towards a shared mission with enhanced camaraderie.

MODULE 4: THE NEGATIVE BEHAVIORS AND TRAITS OF THE ELEMENTS

Chapter 1: The negative aspects of personalities

- Introduction to the negative traits that the various elements tend to embody when they are stressed or out of balance. Dominant and general negative traits are highlighted

Chapter 2: Elements when under stress

- All elements are explained in detail as to how they act when stressed out. This helps the learner spot these traits in oneself and others. Water, wood, fire, earth and metal.

Chapter 3: Elements when out of balance

- When people don't get what they need, they can easily become unbalanced and exhibit similar traits as when stressed. This chapter talks more about how they act, when and why.

Chapter 4: The secret to working with imbalances

- Whether stressed, having a bad day or unbalanced because of something else, there are ways to work with them to help neutralize them, support them, and bring them to balance when you're with them. This chapter goes through specific things to do.

Outcome:

Teams will be equipped with a comprehensive understanding of the challenges and negative behaviors that manifest during times of stress or imbalance. This insight will provide teams with the tools to foster a supportive environment, effectively managing and mitigating conflicts, ensuring that individuals are nurtured back to balance and collaboration remains seamless even during challenging times.

MODULE 5: HOW TO IDENTIFY THE ELEMENTS IN OTHERS

Chapter 1: The Personality of Water

- How a water person acts, what they like and don't like, along with general tendencies

Chapter 2: The Personality of Wood

- How a water person acts, what they like and don't like, along with general tendencies

Chapter 3: The Personality of Fire

- How a water person acts, what they like and don't like, along with general tendencies

Chapter 4: The Personality of Earth

- How a water person acts, what they like and don't like, along with general tendencies

Chapter 5: The Personality of Metal

- How a water person acts, what they like and don't like, along with general tendencies

Chapter 6: How the elements tend to dress

- This chapter covers some basics for female and male dressing using colors, patterns, shapes and texture to help determine and understand the differences in clothing choices and presentation.
- How to use dressing and colors to add an element for power or balance that you may be missing.

Outcome:

Teams will hone their skills in discerning and recognizing elemental personalities in the workplace. Through this enhanced awareness, team members will be better positioned to tailor their interactions and communication strategies, ensuring more meaningful connections, promoting trust, and capitalizing on individual strengths for collective achievements.

MODULE 6: HOW AND WHY BUTTONS GET PUSHED

Chapter 1: Dealing with the people that are consistently irritating

- This chapter opens up with a review of the “controlling cycle” of the elements as it relates to why certain people push your buttons but not another, and vice versa. This chapter covers the control issues between Water/Fire, Fire/Metal, Metal/Wood, Wood/Earth and Earth/Water.

Chapter 2: Button pushing elemental interactions

- All combinations of button-pushing elemental interactions are covered. This chapter further covers the control issues between Water/Fire, Fire/Metal, Metal/Wood, Wood/Earth and Earth/Water in detail.

Outcome:

Upon diving into this module, teams will unravel the complexities of interpersonal dynamics that lead to conflicts and misunderstandings. By understanding the elemental roots of such challenges, teams can more effectively navigate and manage relationships, turning potential points of contention into opportunities for growth, learning, and strengthened team cohesion.

MODULE 7: HOW TO COMMUNICATE WITH EACH OF THE ELEMENTS

Chapter 1: Use mirroring and consideration when talking

- This chapter covers an introduction to mirroring and detailed insight on using the power of consideration to bring peace and balance to any interaction

Chapter 2: How to talk to Water

- What the Water people need, words to use, tone of voice, what to do and what not to do when it comes to Water people

Chapter 3: How to talk to Wood

- What the Water people need, words to use, tone of voice, what to do and what not to do when it comes to Water people

Chapter 4: How to talk to Fire

- What Fire people need, words to use, tone of voice, what to do and what not to do when it comes to Water people

Chapter 5: How to talk to Earth

- What Earth people need, words to use, tone of voice, what to do and what not to do when it comes to Water people

Chapter 6: How to talk to Metal

- What Metal people need, words to use, tone of voice, what to do and what not to do when it comes to Water people

Outcome:

By the end of this module, teams will have an enhanced communication toolkit tailored to each elemental personality. This will promote clarity in interactions, reduce miscommunication, and foster an inclusive environment where everyone feels heard and valued, thereby boosting productivity and collaboration.

MODULE 8: STRENGTHEN YOUR WEAKNESSES

Chapter 1: Exploring the individual weaknesses of the elements

- Everyone has intrinsic weaknesses, and though we may all have what we think are our “own” the weaknesses tend to match certain groups of elements. This module takes the key weakness of element groups, and offers mindset awareness and exercises that can be done a daily basis to strengthen this weakness.

Chapter 2: Water, Wood and Metal must conquer DEFENSIVENESS

- This chapter will bring awareness to defensiveness, bring up new ways to think of it, and give 3 specific “missions to power” when it comes to how to stop being so defensive when you feel vulnerable.

Chapter 3: Wood and Fire must avoid DISTRACTIONS

- This chapter will bring awareness to exactly what distraction is, bring up new ways to think of it, and give 3 specific “missions to power” when it comes to how to avoid getting distracted and stay focused.

Chapter 4: Fire, Wood and Metal must stop BLAME

- This chapter will bring awareness to blame, bring up new ways to think of it, and give 3 specific “missions to power” when it comes to how to stop blaming and take responsibility.

Chapter 5: Earth and Water must overcome GUILT

- This chapter will bring awareness to the many forms of guilt, bring up new perspectives, and give 3 specific “missions to power” to overcome guilt

Chapter 6: Metal, Fire and Wood must resist FAULT FINDING

- This chapter will bring awareness to fault-finding, bring up new ways to think of it, and give 3 specific “missions to power” to stop looking for fault in others.

Outcome:

Upon delving into this module, teams will gain insights into the elemental-specific weaknesses that may hinder collective progress. Equipped with actionable strategies to overcome these challenges, organizations can create an atmosphere that promotes continuous self-improvement, resilience, and personal accountability.

MODULE 9: MUST-KNOW MENTAL SUPER WEAPONS

Chapter 1: What are Super Weapons?

- This chapter introduces the need to control your mind, your thoughts and some effective ways to direct your thoughts when you encounter challenges in the form of worry, uncertainty as well as not taking on that which is not your responsibility.

Chapter 2: What you need to know about worry

- Worry is a habit and is one of the hardest things to let go of. I talk about affirmations that counter worry and why it's important to break the habit of worry.

Chapter 3: What to focus on when you are in chaos

- When in chaos and trying to figure out a way to move forward, understanding the difference between complicated and complex can help you direct your efforts and action towards that which will make a difference.

Chapter 4: How to Super Save your Energy

- Sometimes without realizing it, we take on other people's energy and responsibilities as well as hold on to blame and guilt for things we really don't need to "own." This chapter gives a mental model to use that will help you literally "let go" of that which is not yours.

Outcome:

By concluding this module, teams will be empowered with mental strategies that counteract the common pitfalls of professional life, such as worry and energy drainage. These tools will cultivate a more resilient, focused, and solution-driven workforce that can navigate challenges with ease, fostering a culture of positivity and proactiveness.

MODULE 10: FIVE SUPERHERO MINDSET POWERS

Chapter 1: The Power of Appreciation

- As human beings, our core desire and the most deeply held value of human nature is the need to be appreciated. Tools are given to develop this mindset power.

Chapter 2: The Power of Humility

- Humility is about emotional neutrality. You operate without a need to put yourself above others, no matter how much you've achieved. Tools are given to develop this mindset power.

Chapter 3: The Power of Divine Timing

- Everything in your life happens at exactly the right time, even if you think what should be happening isn't. Tools given to develop this mindset power.

Chapter 4: The Power of Perspective

- Being able to reframe challenging situations to your advantage can help you rise above anything that brings you down emotionally. Tools are given to develop this mindset power.

Chapter 5: The Power of Responsibility

- You alone are responsible for your life and everything that happens in it. Tools are given to develop this mindset power.

Outcome:

After completing this module, teams will be armed with an understanding of five key mindset powers that can redefine success in the corporate world. These principles will lay the foundation for a growth-oriented, agile, and empowered workforce that takes responsibility, values perspectives, and places appreciation and humility at the forefront of all interactions. This new mindset will lead to enhanced team collaboration, heightened job satisfaction, and greater overall organizational success.

**FOR MORE INFORMATION ON THIS TRAINING,
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