

## Module 1

- Cultivate a healthier mind and healthier world as we learn to reduce stress, build stronger focus, and feel more energized daily
- Learn about the 4 Facets of Mind and how focusing attention can actually change the structure of the brain
- Experience the transformational power of the Wheel of Awareness, a practice Dr. Siegel created for integrating consciousness
- Explore the three foundational pillars of mind training: focusing attention, opening awareness, and cultivating kind intention

## Module 2

- Learn how integration (linking differentiated aspects of a system) serves as a practical bridge between the science of well-being and feeling fulfilled in life
- Understand the connections and differences between empathy and compassion and the key roles they play in perspective-taking and what we can do to reduce suffering
- Discover how the Three Pillars of Mind Training integrates the structure and function of the brain, supporting us in feeling more connected to self and others

## Module 3

Experience and explore the Wheel of Awareness to invite these benefits into your life:

- enhanced well-being in relationships with others and yourself
- less chaos and rigidity in everyday life
- the emergence of harmony, clarity and peace, inside and out

## Module 4

- Experience how awareness offers a space between impulse and action that supports the choice, change, and growth
- Immerse yourself in interconnectedness through direct experience and by listening to the spontaneous, first-person accounts of participants with the Wheel of Awareness practice
- Gain a deep understanding into how experiences in life affect the brain's growth

## Module 5

- Weave your Wheel of Awareness Practice with the 3-P Perspective—a science informed framework for making practical the conceptual proposal that mind is an emergent property of energy with a continuum among consciousness, cognition, and relational connection
- Learn how deeply sensing the flow of energy as the movement from possibility to actuality enables the 3-P perspective to be applied in the Wheel of Awareness practice and in everyday life to enhance well-being
- Describe the 3-P diagram and interpret the integration of consciousness through as empowering the mind to access the plane of possibility, that open, receptive awareness of the hub of the Wheel at the heart of well-being and resilience

## Module 6

- Discover the benefits of Three Pillar Mind Training, including reduction of the stress hormone, cortisol, enhancement of immune function, and epigenetic regulation to decrease inflammation
- Understand how childhood trauma impairs the circuits of integration in the brain that are the neural foundations of well-being and optimal regulation
- Learn how to Live, Love, and Lead from the Plane of Possibility through practical exercises