



# INSIGHT TO WELL-BEING

## Curriculum Overview

## Understanding is empowering and leads to change.

Insight to Wellbeing teaches a simple understanding of how thoughts, feelings, and state of mind work. We believe that no one is broken and that everyone has everything inside of them to live a healthy and productive life. It is simply our role to point out that innate wellbeing, and to draw it out of people.

The fundamental premise of our program is to create the best possible space for a "quiet mind" so that participants can experience an intuitive understanding as opposed to learning something at a rational level.

Over the course of 10 weeks we explore a number of topics. Our initial session is focused on building trust and rapport. From there, each session includes a combination of individual reflections and group conversations. Facilitated by trained teachers, their role is to create space for deep listening and to point participants back to their own innate wisdom and intelligence.

Ultimately, our hope is for participants to have personal insight and then be able to apply those insights in order to make change in their lives.

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## Insight to Wellbeing has been proven to help people in the following ways:

- Decrease in anxiety, depression, anger, and agitation.
- Increase in emotional regulation and impulse control.
- Less prone to violence and to reactions when upset or angry.
- Increase in Stress Resistance needed to cope with trauma.
- Decrease in the obsession with own circumstances.
- Decrease in response to trigger situations.
- Increase in pro-social behaviors and connectedness.
- Increased or improved relationships with family, and relationships with others.

Contact: [insighttowellbeing@gmail.com](mailto:insighttowellbeing@gmail.com)

# Curriculum Topics

## **Session 1: Overview and Introduction**

Getting to know each other and the program.

## **Session 2: The Constant Nature of Life**

Understanding the operating system of the mind. Potential, Resilience & Well-Being are innate to human life. The constant nature of Thought.

## **Session 3: The Inside-Out Nature of Life**

The Gift and Power of Thought. We can better utilize it once we understand it.

## **Session 4: State of Mind**

Learning to be grateful for the highs, and graceful with the lows.

## **Session 5: Listening with Awareness**

When we are able to listen with more awareness, we naturally understand better.

## **Session 6: All Humans are Created Equal**

We are all one. Even though we see different realities, underneath our different thought systems, all humans are created equal, and our minds work the same.

## **Session 7: Separate Realities and Relationships**

No two people have the same exact thoughts and because thoughts create our reality, we all live in separate versions of the circumstances. When people understand this, they are less tempted to take other versions personally and take on other people's versions as their own.

## **Session 8: What's in a Label**

We all have natural confidence that can never be broken or damaged. Sometimes labels we put on ourselves and each other, as well as thoughts of fear and insecurity, cover it up but never permanently.

## **Session 9: The Truth About Habits and Addiction**

Every feeling doesn't require a reaction. Breaking the invisible cycle.

## **Session 10: Limitless Potential and Graduation**

We are all doing the best we can in life, given the feeling that we're living in. If we can help ourselves to feel better, then we can do better. The potential of our mind is limitless.

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# Snapshot of Lesson Overview

## Session Four: State of Mind



### Objectives/Goals:

1. The participants will understand that feelings continually fluctuate.
2. The participants will realize how state of mind and feelings are directly connected.
3. The participants will realize how state of mind can influence their decisions and feelings.
4. The participants will realize how understanding state of mind can help them navigate life with more ease.



### Materials:

#### Kit:

- ✓ *The Guest House Poem*
- ✓ *The Thought Storm Diagram*

#### Other:

- ✓ Dry-Erase Board or Flip Chart
- ✓ Pen/Pencil/Markers
- ✓ Name Tags and Folders (for new people)
- ✓ Paper (2 Sheets per participant)



### Activities:

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|---|------------|
| 1. <b>Reflection:</b> Check-In and Moment of Quiet  | 20 minutes |
| 2. <b>Conversation Catalyst:</b> Clarity of Thought | 15 minutes |
| 3. <b>Observation:</b> The Feeling Flow             | 20 minutes |
| 4. <b>Exploration:</b> Easy Button vs. Hard Button  | 20 minutes |
| 5. <b>Reflection:</b> Check-Out and One Word        | 10 minutes |



### Facilitator Preparation Notes:

**Component One:** This component calls for you to read the poem, *The Guest House* by Rumi. You will also need to make enough copies for each participant, if you would like them to have one to keep (found at the end of this session).

**Component Two and Three:** Each participant will need a piece of paper and a pencil.

**Component Four:** You will need to draw or show the *Thought Storm diagram*, found at the end of this session.

# Curriculum Fee & Training



When you sign up to purchase our curriculum, you get more than just a set of lessons. As practitioners and facilitators who are in the field, delivering this content daily, we're continually updating it to enhance the practical applications and effectiveness. Additionally, through our online membership platform, you'll also get access to an engaged, supportive community, and a collection of valuable online resources.

We also offer hands-on, in-depth training for everyone who purchases our curriculum. If you're an organization, business or school looking to purchase our curriculum, we'll schedule a training that works for your team. If you're an individual practitioner, you can check out our schedule of upcoming trainings on our online calendar.

## Here's an overview of what training looks like:

**Day 1 - Foundation of the Program:** During this session, you'll learn about the principles behind our curriculum. This is a great opportunity to explore your own well-being and have insights into the inside-out nature of life.

**Day 2 - Implementation:** We'll train you on how to implement the curriculum with whatever population you're serving. We take an interactive approach, giving you hands-on opportunities to teach lessons and receive feedback during this session.

**Day 3 - Best Practices:** Our experienced team will share best practices for using this curriculum with specific populations such as youth and adults experiencing incarceration, those struggling with addiction, survivors of sex trafficking, youth in schools, and more.

## Training & license fees:

\$3,000 for an individual license & training

Contact us at [insighttowellbeing@gmail.com](mailto:insighttowellbeing@gmail.com) for group rates

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