

HWH Coach Training Level 3 – Thought and Emotion Management Tools (42.5 hours)
8 weeks 1.5 hour Tele-classes, 3.5 hours of interactive or self-study homework
All class assignments due and comprehension test completed by the end of Level 3
2.5 hours of HWH Mentorship

Name of Module	Description	Time	Materials
Week One – Introduction to Happy Whole Human Level 3 and HWH Stabilizing Exercise			
Tele-class	Trainees will review the syllabus and protocols for Level 3. They will learn how to facilitate the HWH Stabilizing Exercise.	1.5 hours	<i>Pre-scheduled Session Script</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Happy Whole Human Stabilizing Exercise</i>

Week Two – Happy Whole Human Holistic Shifting Negative Thoughts Exercise			
Tele-class	Trainees will learn how to facilitate the HWH Stabilizing Exercise followed by the HWH Shifting Negative Thoughts Tool.	1.5 hours	<i>Pre-scheduled Session Script</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise followed by the HWH Shifting Negative Thoughts Exercise. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Happy Whole Human Stabilizing Exercise</i> <i>Shifting Negative Thoughts Exercise</i>

Week Three –Happy Whole Human Emotional Release Tool			
Tele-class	Trainees will learn tools to help clients practice mindfulness and balance reason and emotion. They will also learn how to facilitate the HWH Stabilizing Exercise followed by the HWH Emotional Release Tool.	1.5 hours	<i>Pre-scheduled Session Script</i> <i>Happy Whole Human Stabilizing Exercise</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise followed by the HWH Emotional Release Tool. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Mindfulness and Balancing Reason and Emotion</i> <i>HWH Emotional Release Tool</i>

Week Four - Happy Whole Human Anger Management Tool			
Tele-class	Trainees will learn tools to help clients calm down and regain control. They will also learn how to facilitate the HWH Stabilizing Exercise followed by the HWH Anger Management Tool.	1.5 hours	<i>Pre-scheduled Session Script</i> <i>Happy Whole Human Stabilizing Exercise</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise followed by the HWH Anger Management Tool. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Regain Control by Shifting Focus</i> <i>HWH Tools to Calm Down</i> <i>Sedona Method</i> <i>HWH Anger Management Tool</i>

Week Five - Happy Whole Human Overcoming Overwhelm Exercise			
Tele-class	Trainees will learn how to facilitate the HWH Stabilizing Exercise followed by the HWH Overcoming Overwhelm Tool.	1.5 hours	<i>Pre-scheduled Session Script</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise followed by the HWH Overcoming Overwhelm Exercise. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Happy Whole Human Overcoming Overwhelm</i>

Week Six - Happy Whole Human Harnessing the Power of the Subconscious Tool			
Tele-class	Trainees will learn how to facilitate the HWH Stabilizing Exercise followed by the HWH Harnessing the Power of the Subconscious Tool.	1.5 hours	<i>Pre-scheduled Session Script</i> <i>Happy Whole Human Stabilizing Exercise</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise followed by the HWH Harnessing the Power of the Subconscious Tool. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Mindful Observation and Fluidity</i> <i>Harnessing the Power of the Subconscious</i>

Week Seven - Happy Whole Human Tools to Work with PTSD			
Tele-class	Trainees will learn how to facilitate the HWH Stabilizing Exercise followed by practicing tools to work with PTSD.	1.5 hours	<i>Pre-scheduled Session Script</i>
Homework	In recorded mock calls, trainees will practice facilitating the HWH Stabilizing Exercise followed by the HWH PTSD Exercises. They will receive and give structured feedback using online observation forms.	3.5 hours	<i>Happy Whole Human Stabilizing Exercise</i> <i>PTSD Tools</i>

Week Eight – HWH Level 3 Review and Comprehensive Exam			
Tele-class	Trainees will discuss all of the Level 3 tools and next step integrations. Q & A before exam.	1.5 hours	<i>Take online exam</i>
Homework	Take the online exam and schedule an Oral Exam/Mentorship Session with Lisa.	3.5 hours	<i>Schedule Oral Exam/Mentorship Session with Lisa</i>

**Mentorship – 2.5 of the remaining 7.5 hours (so 5 remaining)
throughout All-in-One Certification Program
To be completed by end of Level 3**

Lisa will go over the comprehension exam results, review the session recording, and provide feedback to each student via phone.