

# THE EMPOWERED HEART FACILITATOR TRAINING

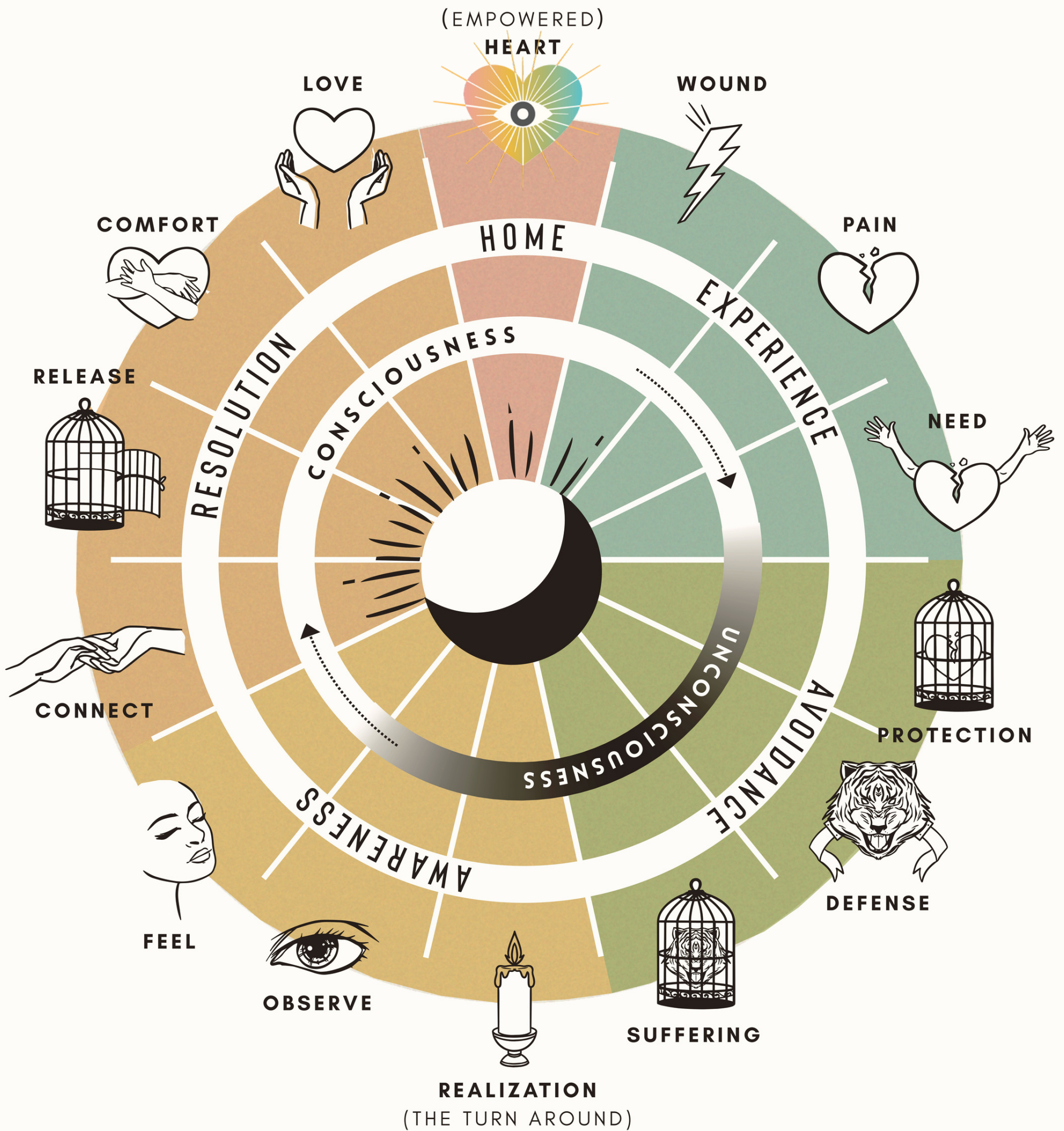
2024



OVERVIEW

# THE MAP OF THE EMPOWERED HEART

—A pathway through suffering and back to the heart—



# WELCOME

Welcome to the 2024

## **Empowered Heart Facilitator Training**

This training experience will last for 10 consecutive months and move forward in various phases, the 1st beginning May 6th and the final completing March 3rd, 2025.



# PHASE I

## **Journey of the Empowered Heart Book Course**

**May 6th - September 2nd**

*\$225 - \$525 (sliding scale)*

*+ 4 months free entry into the EH Subscription*

As facilitators, it's essential that we humbly and honestly do the work to better understand ourselves and resolve our own wounds, before being equipped to help others.

To do this, we'll begin by taking *The Journey of the Empowered Heart Book Course*. For 4 months, we will journey through the internal landscape of our own personal wounds to better understand our hearts, pain, and the power of consciousness and love.

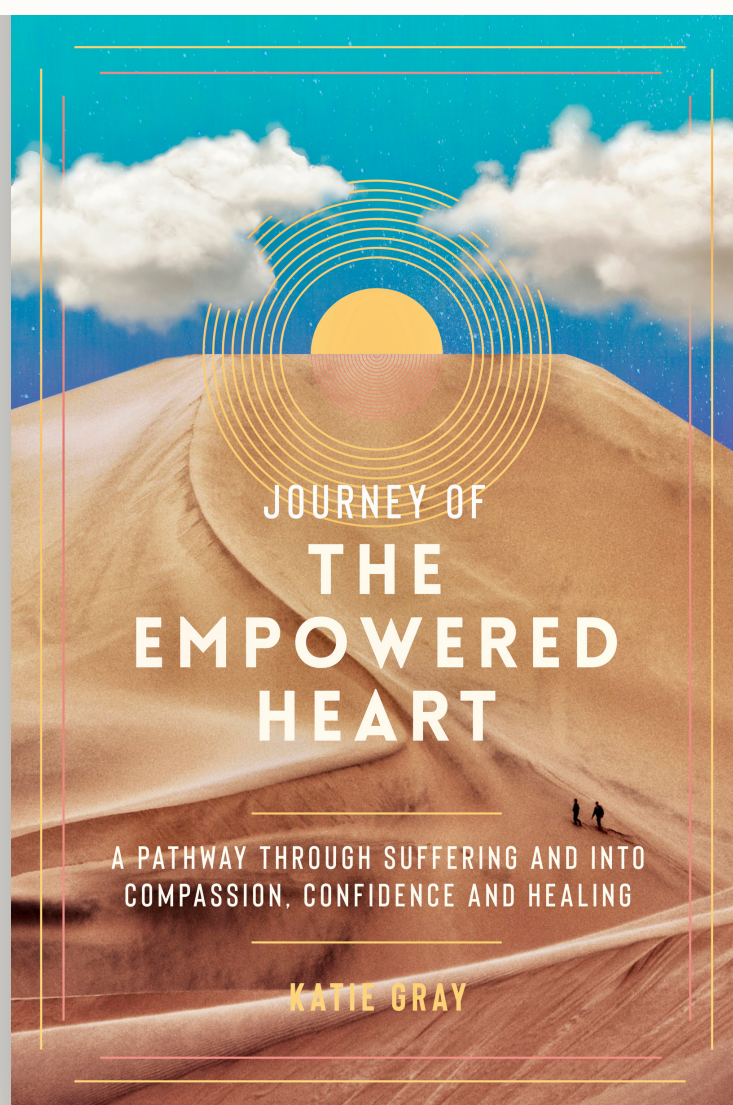
When you enroll in the book course, you'll then receive automatic entry (and 4 months free access) to the Empowered Heart Community Subscription where you can attend the weekly Book Course Meetup and other meetups and meditations offered through the online community space. This will provide you with personal support you may need + help familiarize you with the landscape of The Empowered Heart.

Currently, the 1 hour weekly meetups for this Book Course Study Group are scheduled for :

**MONDAYS** at **8:30am** & **5:00pm PST**. These will both be offered through the subscription platform and you are welcome to attend the meeting time that is most convenient for you.

To prepare, you will need a copy of the book. If you don't already have a copy, you can order it on Amazon or we're happy to gift you a PDF of the book, if that's more efficient than ordering a physical copy. Just let us know in advance and we'll help you get your needs met.

*If you are signing up to take the Facilitator training and have already taken the book course, you can opt to take it again or just attend the weekly meetup group through the subscription.*



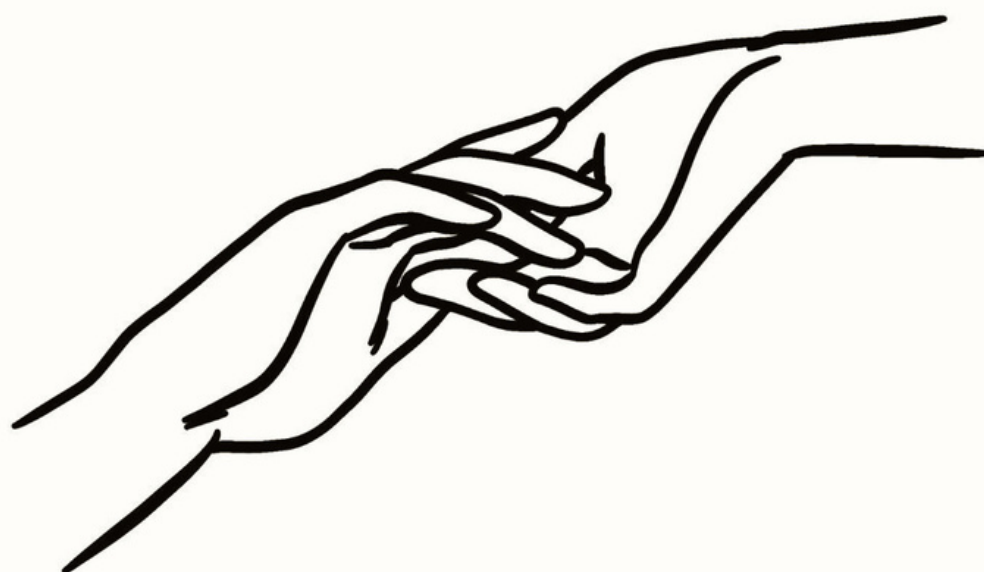
# INTEGRATION & CONNECTION

## SEPTEMBER

When we honor ourselves to open to a place of sincere trust and connection with others, it's not just the truth of the pain that emerges, but also hidden wisdom and strength. The weekly meetings are very constructive for our continued growth and learning, with and from one another.

For this reason, once we have completed the 4 month course, we will spend the month of September uniting, sharing and connecting with the continued weekly meetup.

*The meeting times will likely remain on Monday mornings and evenings, though we will reassess at that time to make sure the meeting times are still ideal for everyone.*



## PHASE II

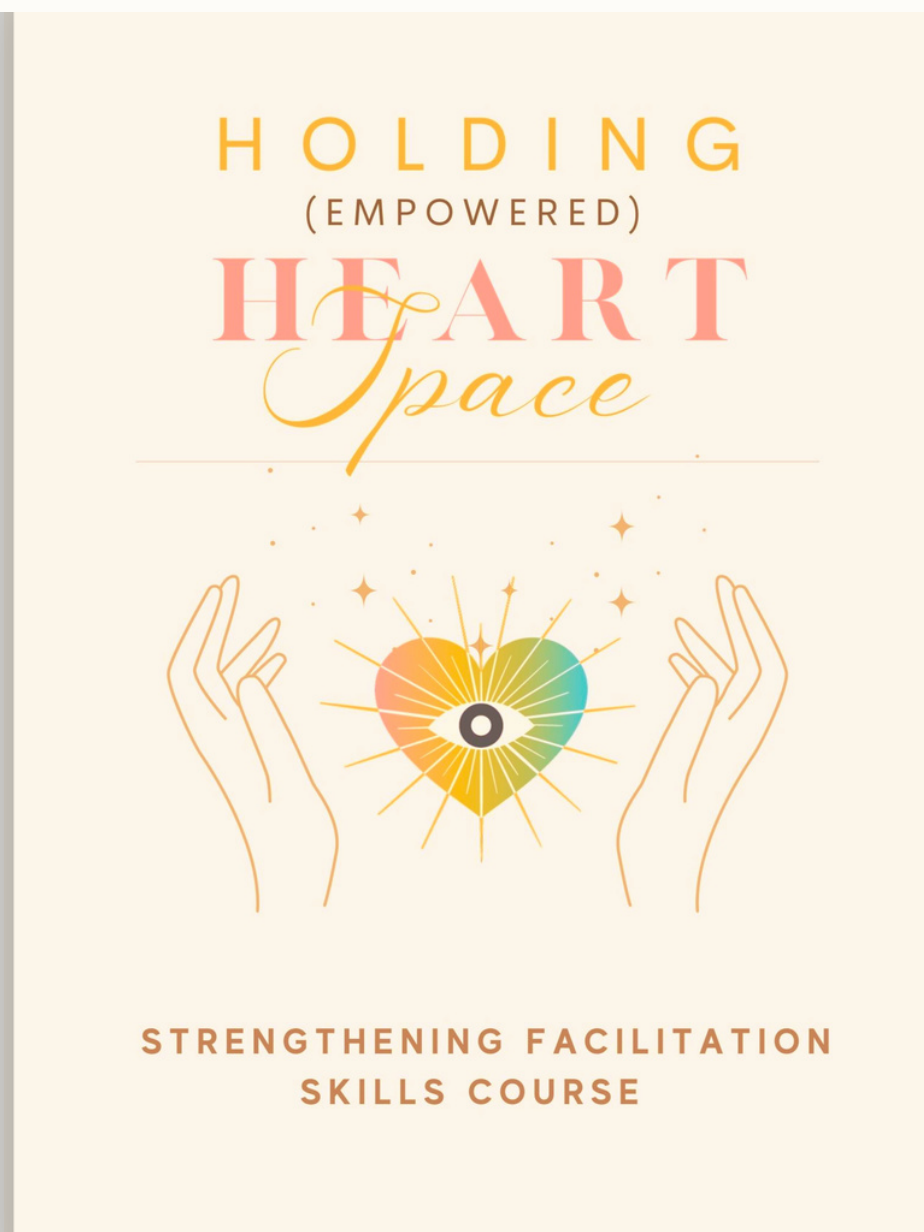
### **Holding Empowered Heart Space**

Strengthening Facilitation Skills Course

**November & December**

\$225 - \$525 (sliding scale)

This is where we will begin facing our energy outward, beyond our own personal healing and lean into the work of supporting others through facilitation. This course is heartfelt and focused on 3 main areas: *Intention, The Container & Purpose*. As well, we'll explore compassion, presence, deep listening, discernment, and more.



# INTEGRATION & CONNECTION

## DECEMBER

To continue strengthening self-awareness and nurturance of connection with ourselves and others, we will continue meeting each week for our weekly check-ins.





## PHASE III

### **The Empowered Heart Facilitator Training**

**January & February**

\$225 - \$525 (sliding scale)

Finally, we will move into the final leg of our journey with the 2 month concentrated Facilitation training. This will be a continued dive into facilitation skill strengthening with a focus on integrating the work of The Empowered Heart.

THE EMPOWERED HEART  
FACILITATOR TRAINING



# QUESTIONS

## **Why is the training divided into 3 different experiences?**

The 3 areas we'll be working on are:

- Our own personal trauma awareness and resolution
- The basic art of facilitation
- Empowered Heart facilitation

By first reading the book, it ensures that each of us have done the work on ourselves. We are more aware of our own personal stories, wounds, and ways and this helps us to be more accountable and confident when understanding and supporting those who are suffering around us. Then, we will shift our gaze outward, to care for others. In addition, by breaking up the payments, it allows someone to pay over the 10 months, rather than all at once, which allows this training to be more accessible.

## **What does being an Empowered Heart Facilitator mean for me?**

This answer is different for each of us. For some, it means having strengthened skills that will support you in your work of being a counselor or therapist. For others, it means being a part of a community of facilitators who support one another through the journey of walking a steady path of consciousness and compassion in this World.

## **Do I need to be a coach, counselor or therapist to do this training?**

No, it is not a requirement to already be working in a field of facilitation. However, it is necessary for you to have the intention to help others with this work, in whatever way that means. In order to ensure that we (as a collective group) are resonating at a similar frequency of service-oriented being, I ask that you have sincere intention to heal your own wounds and be a part of the greater healing in this World.

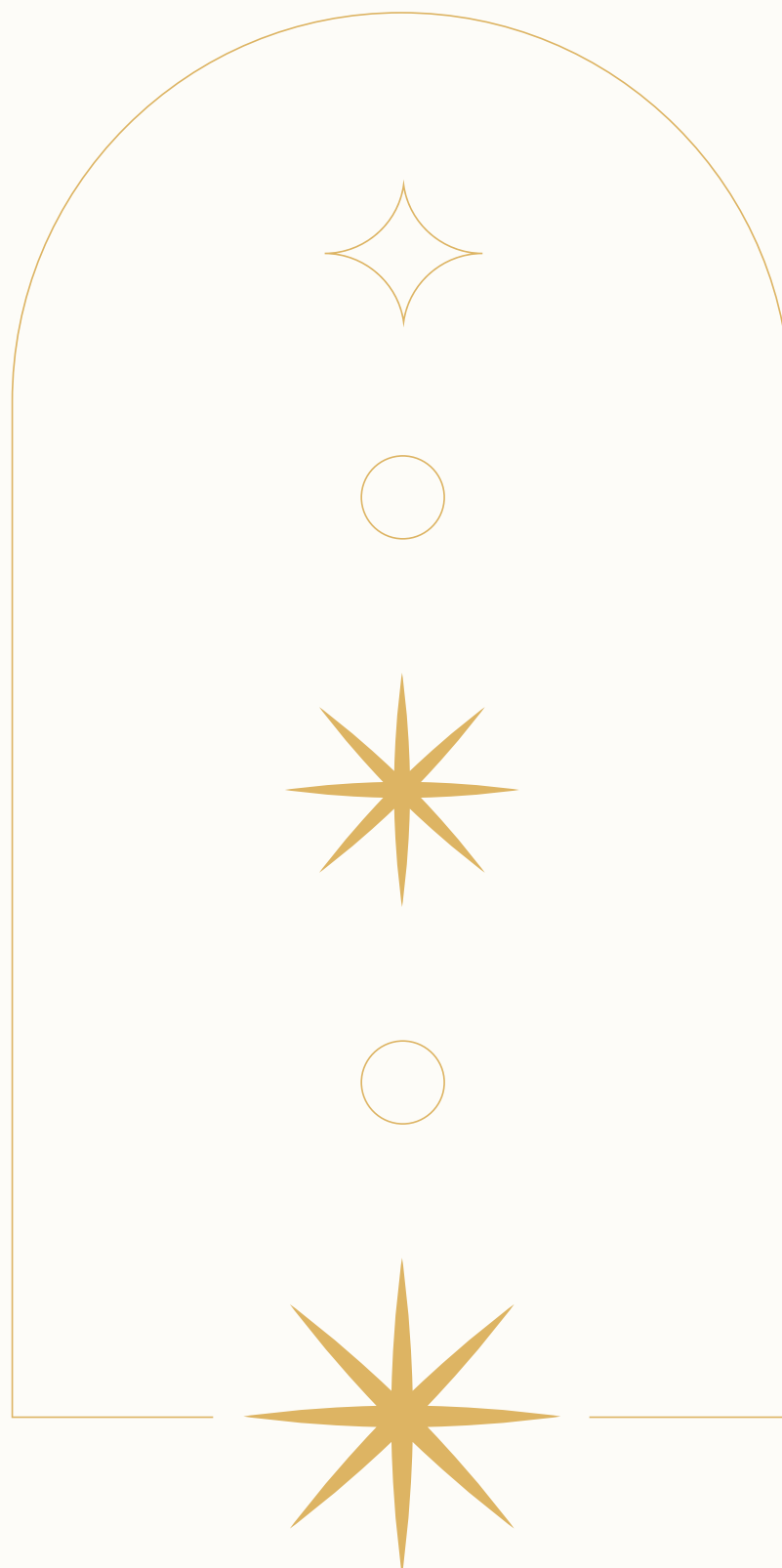
# QUESTIONS

## What is the total price for the 10 month training?

Because everything is offered at a sliding scale, what you pay for this training will be based on what you feel comfortable contributing financially.

For the 4 month Book Course w/ included Subscription, the total price will be somewhere between \$225 - \$525, total.

With the 2 additional course phases (\$225-\$525/each), you'll be paying between **\$675-\$1485** for the entire 10 month training.



If you have any questions,  
please reach out to us :  
**theempoweredheartteam@gmail.com**

If you're feeling a **YES** about joining the 2024  
Facilitator training, please fill out this form.

**GOOGLE FORM**

Then, take the next step by heading over to the  
Book Course landing page and sign up!

**SIGN UP!**

*Thank you and see you soon.*

*Katie*

