



Life Skills U Discovery PLUS Program

Proven Educational Solutions

Life Skills U courseware (published AwareComm in the eMod Learning Systems and Personal Learning Technology) offers a non-invasive, non-confrontational way for ALL people to transform their beliefs, perceptions, attitudes, thinking and behaviors - providing the opportunity for people to build their emotional intelligence (EI) creating long term and significant change through the process of *“Unlearning” (old beliefs that do not work) and “Re-Learning” (creating new beliefs through experience that do work)*. Scientifically proven and tested Life Skills U eMods not only work, but they provide a cost effective alternative to traditional avenues of personal growth and development.

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Life Skills U-A Division of Awareness Communication Technology,LLC

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OVERVIEW AND REQUIREMENTS

The following is an example the Discovery PLUS process. This is an example of what can be done with an 18 month program and a 52 week program:

Part 1 - Applying Principles in Facilitated Weekly Monday Classes/ Facilitation...

- Weekly Facilitation Session - miss one – recording are available – miss 2 or more of the Facilitations in a month... you will need to make up with the recordings and you will need to arrange an alternate time during the month to meet with a facilitator which most like be in a small group setting or if necessary or desired a one-on-one (additional fee will apply in either case)
- If you are flying our understand is you are required to attend 50% of the aftercare – i.e. 2 online Facilitations per month – if you only attend 1 Facilitation in a month... you will need you will need to make up an additional with the recordings and arrange an alternate time during the month to meet with a facilitator for a “Touch and Go” which most like be in a small group setting or if necessary or desired a one-on-one (additional fee will apply in either case) - If unable to attend any the arrange for 2 “Touch and Gos”

Part 2 - eMod Curriculum

- Curriculum of Discovery PLUS eMod software Courseware of approximately 1 chapter of an eMod
- Upon completion of each eMod contact Discovery PLUS requesting your next eMod’s Payment Authorization
- Each eMod has its own has a "check list" of "How" in the opening Study Guide called the "Prescribed Sequence", the components are the similar in nature:
 - Opening Study Guide - Print, Read, Highlight, complete "How Does this Apply" Exercises, input "How Does this Apply" and in most cases Complete the Online Feedback Assessments
 - Each Chapter - Viewing, Study Guide, Study Guide "How Does this Apply" Exercises, input in Online form "How Does this Apply" and Complete the Online Feedback Assessments (some chapters have additional videos they will be references in the "Prescribed Sequence" and the "Next Steps" within the Study Guide

Each eMod software-course is downloaded, installed and activated as the preceding is completed, we will assist you with downloading and installing until you are comfortable with that process.

If departing out of town for extended period of time. eMods are available ahead of the syllabus if bandwidth is issues for downloading your next eMod.

Part 3 – Process Reporting – Self-Reflections

- At the end of each month Submit what you have learned during this monthly period and how it has been applied to your life. This will be included into your Discovery PLUS Educational Progress Report

PART 1 ONLINE FACILIATION

Online Class Principles-based Discussion

The program has 3 **different Online Discussion** designs all of which include the independent offline study. The independent study curriculum begins when an individual starts Discovery PLUS.

Online Facilitation – Principle Application

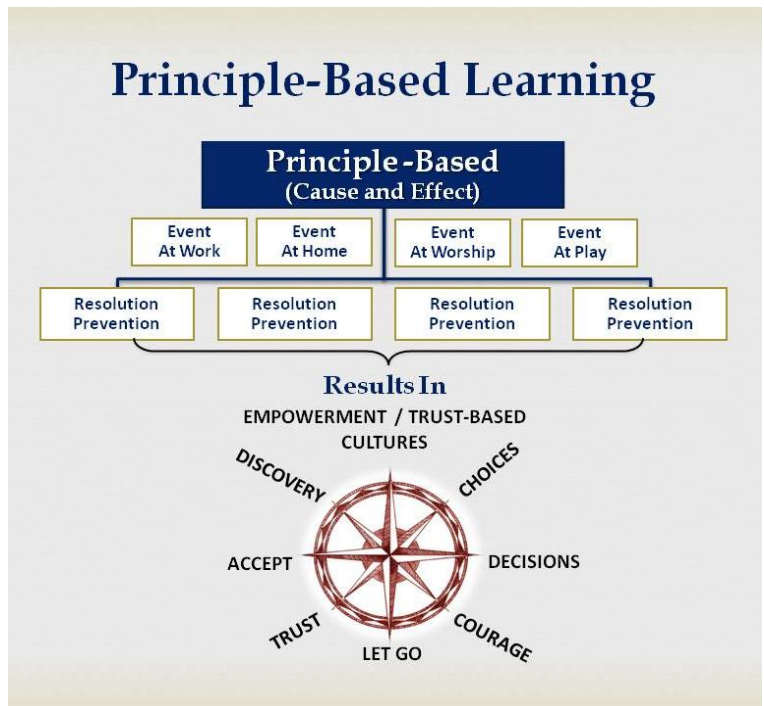
The online facilitation component provides principle-based application of the Emotional Intelligence (EI) content in a way that is applicable to the audience. For example if we were facilitating an EI process for a cellphone company we would bring in examples and application of the material to both the industry concerned and the company as a whole.

Pocket Wisdom Discovery PLUS

**is a breakthrough in teaching
principle-based education.**

**The Principles are taught and discussed
as an Integrated System.**

Principles explain the cause and effect of life and help us to understand *what, why and how* things happen. Life becomes a process of learning, growing and experiencing, rather than a cycle of perpetual (similar) events.



Discovery PLUS Facilitation is based on the following process and concepts of:

1. The tools we were given when we were born
2. The path we were to walk to explore our life
3. The lessons we were to learn and did not learn
4. The illusions we were taught and how this effected our lives
5. The principles that we can use to understand what happened (success stories)
 - How to apply the principles of resolution
 - How to apply the principles of prevention

During each Facilitation:

- The Facilitator selects a topic principle (from the “Principles Guide”) for discussion
- The Facilitator appoints a peer co-facilitator to lead the discussion
- The Facilitator will read from this Principles Guide and create a topic principle for group discussion.
- The Peer Co-facilitator and the group will discuss various events that apply to the principle being discussed.

The Discovery PLUS Principles describe a new way of perceiving, experiencing, thinking, feeling, behaving, and relating to yourself and others. The Discovery PLUS principles are based on the teaching of all the great thinkers, philosophers and visionaries of yesterday, today and tomorrow.

PART 2 PW DISCOVERY PLUS EMOD (SOFTWARE-COURSEWARE)

eMod Series Titles

1. PW Discovery PLUS: Introduction to Emotional Intelligence
Discovery Starts with Your Connection - Video eMod
2. PW Discovery PLUS: Beliefs, Control and Empowerment
The Emotional Root– Video eMod
3. PW Discovery PLUS: Discovery Recovery
Passage to Recovery - PLT eMod
4. PW Discovery PLUS: Life Part 1
The Foundation – PLT eMod
5. PW Discovery PLUS: Discovery Cultures
Cultures Responsive to Change – PLT eMod
6. PW Discovery PLUS: Life 2
Passage to Adulthood - PLT eMod
7. PW Discovery PLUS: Life Part 3
Resolving Stress and Conflict in Relationships - PLT eMod
8. PW Discovery PLUS: Letting Go of Emotions
Journey Part 1 – PLT eMod
9. PW Discovery PLUS: Letting Go of Behaviors
Journey Part 2 - PLT eMod
10. PW Discovery PLUS: Letting Go of Relationships
Journey Part 3 - PLT eMod
11. PW Discovery PLUS: Emotional Intelligence Tune Up
Online Tune Up – Html eMod
12. PW Discovery PLUS: A Story Within You
Sharing Your Path to Success - Video eMod

PROGRAM CURRICULUM

18-MONTH SYLLABUS

Note: PLT eMods include Offline PLT Computer Viewing, Offline Companion Study Guide to Read and Highlight as Guided, Exercises, Online Input of Exercise Answers and Online Feedback Self-Assessments

Video eMods include Offline Video, Offline Companion Study Guide/or Exercise Document, pending Video Content some have Online Input of Exercise Answers and Online Feedback Self-Assessments

Syllabus

1. Streaming Video –
 - a. “The Principles of Discovery PLUS” 60-min
 - b. Assignment: Submit what was important from each Video and why and
2. Initial Meeting with Facilitator – meeting review assignment - what was important and why
3. **Introduction to Emotional Intelligence eMod** - Pre-recorded session #1
4. **Beliefs – Control-Empowerment eMod** - Opening Study Guide
5. BCE - Beliefs Pre-recorded session #1
6. BCE - Control Pre-recorded session #2
7. 7 Day – 4 Absolutes Exercises
8. BCE - Empowerment Pre-recorded session #3
9. 7 Day – Acknowledgement (GGVR) Exercises
10. **Discovery Recovery eMod** – Passage to Recovery Study Guide Cover
11. Chapter 1 Intro
12. Chapter 2 Fear and Control
13. Chapter 3 The Path To Awareness Thinking
14. Chapter 4 The Concept of a Higher Power
15. Chapter 5 Exploring Discovery: Steps 1-3
16. Chapter 6 Exploring Discovery: Steps 4-12
 - a. Your Action Plan and The Next Step
 - b. (this is a large assignment 2 assignment periods provided)
17. Continue previous assignment
18. **Life 1: Foundation eMod** – Opening Study Guide, Experiencing
 - a. Chapter 1 Staying In Balance
19. Chapter 2 Perception
20. Chapter 3 Attitude
21. Chapter 4 Thinking
22. Chapter 5 Behavior
23. Chapter 6 Connecting to the Source
24. Chapter 7 The Review
25. **Discovery Cultures eMod** - Introduction Study Guide
26. Opening Video
27. Chapter 1 The Organizational Culture
(note chapters 2-6 are omitted as they are very similar to the Practical Spirituality chapters)
28. Introductory Review Video
29. Main Course Study Guide
30. Chapter 1 The Five Stages of Relationships
31. Chapter 2 Faces of Control
32. Chapter 3 The Illusion and Consequences of Control
33. Chapter 4 “Victim of Life” and Crossing the Invisible Line

34. Preview To Chapters 5 and 6 Video Facilitation
35. Chapter 5 Creating A Organizational Culture Through Followship – Leadership
36. Chapter 6 Interdependency and Empowerment
37. Closing Presentation Video Facilitation; Summary, Comments and Discussion
 - a. Personal Vision, Mission, and Principles and Your Next Step
 - b. 2 assignment periods allocated due to the size of the assignment
38. Continue previous assignment
39. **Life 2: Passage to Adulthood eMod** - Opening Study Guide
40. Chapter 1 The Life Experience
41. Chapter 2 Parenting
42. Chapter 3 Trying to Make Control Work
43. Chapter 4 Fear and Control
44. Chapter 5 The World of Personal Power
45. Chapter 6 Developing True Self-Identity and Next Steps
46. **Life 3: Resolving Stress and Conflict in Relationships eMod** - Opening Study Guide
47. Chapter 1 The Five Forms of Relationships
48. Chapter 2 The Missing Passage
49. Chapter 3 Why Some Relationships Go In Circles
50. Chapter 4 Why Some People Don't Want Help
51. Chapter 5 Why Some People Can't Change
52. Chapter 6 Empowering Relationships
53. **Letting Go of Past Emotions: Journey 1 eMod** - Opening Study Guide
54. Chapter 1 Truth Decay
55. Chapter 2 Blame
56. Chapter 3 Anger
57. Chapter 4 Abuse
58. Chapter 5 The Path to Victim
59. Chapter 6 Letting Go of Past Emotions
60. **Letting Go of Past Behaviors: Journey 2 eMod** – Opening Study Guide
61. Chapter 1 Addictive Thinking
62. Chapter 2 Understanding People
63. Chapter 3 Learned Roles
64. Chapter 4 The Alternative Part 1
65. Chapter 5 The Alternative Part 2
66. Chapter 6 Letting Go of Behaviors
67. **Letting Go of Past Relationships: Journey 3 eMod** - Opening Study Guide
68. Chapter 1 Self Acceptance
69. Chapter 2 Boundaries
70. Chapter 3 Letting Go
71. Chapter 4 Forgiveness
72. Chapter 5 To Change or Not to Change
73. Chapter 6 Support Gets Results
74. **Emotional Intelligence Tune Up eMod** – “Relationships”, “Choices Life Gives Us”,
75. “The Overview” and “The Missing Passage”
76. **A Story Within You –Sharing Your Path to Success eMod** – Video and exercises

PROGRAM CURRICULUM

52-WEEK SYLLABUS

Weekly 1 Lecture/Discussion - Principles and their application – 52-week Homework Curriculum Program

Note: PLT eMods include Offline PLT Computer Viewing, Offline Companion Study Guide to Read and Highlight as Guided, Exercises, Online Input of Exercise Answers and Online Feedback Self-Assessments

Video eMods include Offline Video, Offline Companion Study Guide/or Exercise Document, pending Video Content some have Online Input of Exercise Answers and Online Feedback Self-Assessments

Your 52-Week Syllabus

1. **Introduction to Emotional Intelligence eMod** - Pre-recorded session #1
 - a. **Beliefs – Control-Empowerment eMod** - Opening Study Guide
 - b. Beliefs Pre-recorded session #1
2. **BCE** - Control Pre-recorded session #2
3. **BCE** - Empowerment Pre-recorded session #3
4. **Discovery Recovery eMod** – Passage to Recovery Study Guide Cover
 - a. Chapter 1 Intro
5. Chapter 2 Fear and Control
 - a. Chapter 3 The Path To Awareness Thinking
6. Chapter 4 The Concept of a Higher Power
 - a. Chapter 5 Exploring Discovery: Steps 1-3
7. Chapter 6 Exploring Discovery: Steps 4-12
 - a. Your Action Plan and The Next Step
8. **Life Part 1: Foundation eMod** – Opening Study Guide, Experiencing
 - a. Chapter 1 Staying In Balance
9. Chapter 2 Perception
 - a. Chapter 3 Attitude
10. Chapter 4 Thinking
 - a. Chapter 5 Behavior
11. Chapter 6 Connecting to the Source
 - a. Chapter 7 The Review
12. **Discovery Cultures eMod** - Introduction Study Guide
 - a. Opening Video
13. Chapter 1 The Organizational Culture
 - a. Introductory Review Video
14. Main Course Study Guide
 - a. Chapter 1 The Five Stages of Relationships
15. Chapter 2 Faces of Control
16. Chapter 3 The Illusion and Consequences of Control
17. Chapter 4 “Victim of Life” and Crossing the Invisible Line
18. Preview To Chapters 5 and 6 Video Facilitation
19. Chapter 5 Creating A Organizational Culture Through Followership – Leadership
20. Chapter 6 Interdependency and Empowerment
21. Closing Presentation Video Facilitation; Summary, Comments and Discussion
 - a. Personal Vision, Mission, and Principles and Your Next Step
22. **Life Part 2: Passage to Adulthood eMod** - Opening Study Guide
 - a. Chapter 1 The Life Experience

23. Chapter 2 Parenting
24. Chapter 3 Trying to Make Control Work
25. Chapter 4 Fear and Control
26. Chapter 5 The World of Personal Power
27. Chapter 6 Developing True Self-Identity and Next Steps
28. **Life Part 3: Resolving Stress and Conflict in Relationships eMod** - Opening Study Guide
 - a. Chapter 1 The Five Forms of Relationships
29. Chapter 2 The Missing Passage
30. Chapter 3 Why Some Relationships Go In Circles
31. Chapter 4 Why Some People Don't Want Help
32. Chapter 5 Why Some People Can't Change
33. Chapter 6 Empowering Relationships
34. **Letting Go of Past Emotions: Journey 1 eMod** - Opening Study Guide
 - a. Chapter 1 Truth Decay
35. Chapter 2 Blame
36. Chapter 3 Anger
37. Chapter 4 Abuse
38. Chapter 5 The Path to Victim
39. Chapter 6 Letting Go of Past Emotions
40. **Letting Go of Past Behaviors eMod: Journey 2** – Opening Study Guide
 - a. Chapter 1 Addictive Thinking
41. Chapter 2 Understanding People
42. Chapter 3 Learned Roles
43. Chapter 4 The Alternative Part 1
44. Chapter 5 The Alternative Part 2
45. Chapter 6 Letting Go of Behaviors
46. **Letting Go of Past Relationships eMod: Journey 3-** Opening Study Guide
 - a. Chapter 1 Self-Acceptance
47. Chapter 2 Boundaries
48. Chapter 3 Letting Go
49. Chapter 4 Forgiveness
50. Chapter 5 To Change or Not to Change
 - a. Chapter 6 Support Gets Results
51. **Emotional Intelligence Tune Up eMod** – *“Relationships”, “Choices Life Gives Us”, “The Overview” and “The Missing Passage”*
52. **A Story Within You –Sharing Your Path to Success eMod** – Video and exercises

PART 3 – PROCESS REPORTING – SELF-REFLECTIONS

At the end of each month Submit what you have learned during this monthly period and how it has been applied to your life. This will be included into your Discovery PLUS Educational Aftercare Process Report.