



Warriors for Embodied Liberation Program (WEL)

General Summary

WEL is a 2-year teacher training program for individuals looking to cultivate skills and certification on embodied coaching™ and training, specific to the developed model of embodied leadership and embodied organizing™ as innovated by its creator, rusia mohiuddin, the principal of universal partnership.

the WEL program includes 24 daylong trainings and 12 (50 minute) coaching sessions that will run from October 2019 through September 2021.

the cost of the yearlong program is as follows:

- 💡 **\$2400.00 per year, for self-pay; or**
- 💡 **\$2700.00 per year, for institutional support.**

Objectives: during and after the program, participants will...

- 💡 Formally be certified as an Embodied Coach™ and Embodied Trainer/Facilitator;
- 💡 Cultivate a client base to coach using UP's Embodied Coaching methodology, principles and values;
- 💡 Develop sharp skills in:
 - 💡 Supervisory and managerial excellence;
 - 💡 Authentic embodied leadership skills that inspire others to bring their best selves forward in their life and work;
 - 💡 Focus on generative problem-solving;
 - 💡 Develop effective collective and group work; and
 - 💡 Increase effectiveness and efficiency with acuteness that honors their work and their humanity.
- 💡 Design and facilitate embodied leadership retreats, such as #practicingJUSTICE 1.0 (daylong versions);
- 💡 Integrate embodied leadership practices into their work using innovative and personal styles; and
- 💡 Develop grounding relationships, throughout the program, to serve as a support community moving forward.

goals: apprentices must...

- 💡 participate in 24 daylong trainings and 12 coaching sessions;
- 💡 engage in a personal, somatic transformational process(es) to develop experiential knowledge of how change happens through a committed personal practice as well as the trainings and coaching;
- 💡 learn and then practice embodied coaching and training methodologies;





- grow a small client base to coach using embodied coaching methodology during the latter phase of the program;
- apprentice and support at least one #practicingJUSTICE retreat;
- Co-lead daylong versions of #practicingJUSTICE in 2019-20; and
- lead change work in the world with a new lens and embodied skills.

requirements

apprentices must complete and commit to the following requirements in order to get the most out of the program and to set themselves up to be most successful during and after the program. these requirements are as follows:

- sign and adhere to a letter of agreement with rusia mohiuddin and universal partnership that allows you to respectfully use trademarked coaching and training methodologies;
- participate in #30DaysUP (2019-2021);
- complete #practicingJUSTICE retreat (before or during the apprenticeship [\$500 discount for self-pay participants]);
- complete #practicingJUSTICE 2.0 (ideally, during the apprenticeship [\$500 discount for self-pay participants]);
- apprentice at least one #practicingJUSTICE retreat;
- attend all daylong trainings for the program (no exceptions beyond emergencies);
- attend all coaching sessions;
- personal commitment to engage in personal/professional leadership practices (both foundational and individually-customised practices);
- commitment to integrate practices into your current or developing work;
- planning, implementing, and executing coaching work in a respectful and safe manner; and
- commitment and deep understanding of how and why a personal transformation process is vital to this program and the work it imparts.

Participants will plan accordingly to attend **ALL SESSIONS FOR THE FULL DURATION**.

While emergencies occur and the program will make adjustments during such emergencies, **any participant who misses 2 or more sessions** may continue training (after an assessment), however may not achieve certification at the end of the 2-year program.

foundational practices

while each apprentice will have personalized practices, there are a set of foundational practices that each apprentice must engage in to get the most out of every aspect of the program work. These practices are as follows:



- daily meditation practice (using the methodology developed by rusia)
- daily journaling practice
- develop & daily use of a mantra
- weekly self-care practice (strictly adhered to)
- actively engage in a somatic transformation process.

apprentices' requirements for certification

this program adheres to very high standards that result in effective and deeply transformative work aimed to have the greatest impact possible on the people it serves. As such, the requirements necessary to maintain, and extend the reach and impact of the work, mandates a level of commitment that honours the kind of change work we do.

as a broad stroke, the following are hours necessary for certification in each are of work:

- 190 hours of learning
- 100 hours of practice (Y2)
- 55 hours of coaching practice (Y2)
- 50 hours of training practice (Y2)

We will follow and implement strict requirements of every student, to ensure necessary knowledge and development, as well as practices that respect and acknowledgement of the work the program seeks to achieve. These requirements are as follows:

Each apprentice must:

Not in order of importance.

- **attend all sessions for the full duration.** This requires a commitment to plan, accordingly, both personal and professional responsibilities beyond the scope of the program. No exceptions, beyond true emergencies, will be made. Two or more missed sessions, including partial, removes the possibility of certification and possible removal from the program. This includes arriving on time;
- **commitment to practice deeply and consistently.** The deepest, and most impactful lessons on how to do this work, comes from personal practice. Without engaging in this form of change process, an apprentice cannot achieve the level of experiential knowledge required to develop the skills needed to do this work;
- **communicate effectively and in a timely manner.** Staying connected and engaging fully in the program requires thoughtful and intentional communication. Apprentices must communicate intentionally and within 24 hours of any communication directly from the program and with each other within 48 hours on initial contact. Failure to do so, consistently, may be deemed as failing to meet the standards of this program;



- 🌸 **completing all assignments, on time, in between sessions.** Frequently, there will be collective or individual assignments to be completed in between sessions. This may include prepping to lead certain sections of the session, writing assignments, specific events, or practices. Regardless of the assignment, apprentices are required to plan accordingly to respectfully complete this work in the midst of non-program work they have.
- 🌸 **this is an apprenticeship. You will have to apprentice.** Each apprentice will hold some portion of outreach and/or organizing any and all UP events in the full duration of the program. Since each apprentice will be discounted their retreat fee (those required for the program), each apprentice will be required to turnout people for those retreats. In addition, sharing and promoting our work and the work of UP is also required to boost our collective community.
- 🌸 **each cohort is a team.** Leaning into and supporting each other, both in and out of sessions, and in your support groups, is essential. This is a key area of learning and each apprentice must wholehearted to be committed and engage in these groupings.
- 🌸 **engage the PJ community.** Developing and integrating the OIS community in get-togethers and practices is an essential part of practicing and teaching in a controlled environment. This is yet another area of learning that also engages the community our work seeks to serve.

structural support for each student

creating multiple levels of support ensures that each student is set up to succeed in achieving the high standards this type of work requires of each of us. as such, WEL has structural support to ensure that students are successful, connected, and accountable to themselves and the cohorts, to achieve certification. These support systems are as follows:

- 🌸 each student will have a buddy to share, practice, and or grow with to provide and receive peer support. buddies meet monthly, either by phone or in person.
- 🌸 each student will have a mentor from a student-teacher in the previous cohort to theirs. this, too, will be monthly in-person or phone check-ins and will serve as geared coaching for each student.
- 🌸 starting in year 2 of the program, each student will have a monthly coaching session with rusia.

dates & phases of the program: TBD

all sessions are from 10:30-6:00pm

Phase 1	Phase 2	Phase 3	Phase 4



Foundational skills development	Embodied coaching	Mentoring (practice coaching methodology)	Daylong PJ sessions (design & lead)
Intro to somatics	PJ 2.0	Develop small coaching base	Full integration of practices in existing work
Intro to embodied leadership	Somatics 2.0	Practice coaching	Taking on short-term training engagement with clients
PJ retreat	Personal change process	Develop personalized change process	Testing for certification
Building the core	#30DaysUP	#30DaysUP	graduation
Leading meditation	Designing training module	coaching with rusia	
31 jo kata	Mid-term testing		