



THE RENASCENCE PROGRAM

REIMAGINE. REINVENT. RENEW.

The Renaissance Program Syllabus

Pework:

Participants will meet with Renaissance co-founder Kurt Treu to identify their unique and specific Winning Strategy™ as discussed in the book *The Last Word on Power* by Tracy Goss. This one hour session is essential as a foundation to the 3 day Renaissance Program.

Day One

Awareness Stage: The beginning of the power and importance of awareness.

Day 1 begins with the understanding that we cannot undergo deep change without clear awareness. We will learn and explore the connectivity between the mind and body. Practices will include how the body holds emotions, meditative and breath work, journaling and presence work. We will dig deeply into the construct you are currently living in, the human condition and your own unique survival strategy for life – your Winning Strategy™, ultimately understanding how you have defined what is possible and impossible in your life.

Day Two

The Dark Side: You will learn how your Winning Strategy™ is the source of all of your success, and also the source of all of your limitations.

Day 2 is about more fully understanding how your Winning Strategy™ has controlled your choices, decisions, and outcomes. We will explore the “Dark Side” of the Winning Strategy and the significant cost this has for each of us. We will use targeted somatic and meditative practices to connect the learnings from the transformational methodology into the mind and the body. These practices will result in a deeper understanding, acceptance and ability to make a significant shift in your life. You will possess insight into the choice you have to live your life in an alternative way. You will receive a framework for living a powerful life – regardless of any and all circumstances.

Day Three

Moving Forward: Stage: Committing to living your new possibility

Day 3 is all about taking the framework we have learned and introducing proprietary tools to put your transformation into action. We will do a deep dive into what exactly you are committed to – as in “what do you really want”? The tools you receive will provide you with the methods necessary to live in a new way, unhampered by circumstance and always in service of your new commitment. The tools/actions learned will be deeply enhanced with somatic and meditative practices that will allow the body and the mind to connect – to powerfully imprint your new framework. The result will be a mind/body connection that will allow you to unleash your full power in service of the commitments you have made for your life. You will discover a limitless power where you define the context of your life, regardless of any and all circumstances.

The future of your organization, your work, your family, your personal life will forever be transformed and limitless.

Ongoing Resources:

All tools and mind/body practices will be housed on a private-to-your organization web page. Participants will receive a private and confidential follow up to address any questions and to provide individualized coaching within the Renaissance methodology.

A series of 6 email newsletters will be sent out to your group with new practices to keep the work fresh.

**Contact us for more information:
renascenceprogram@gmail.com**