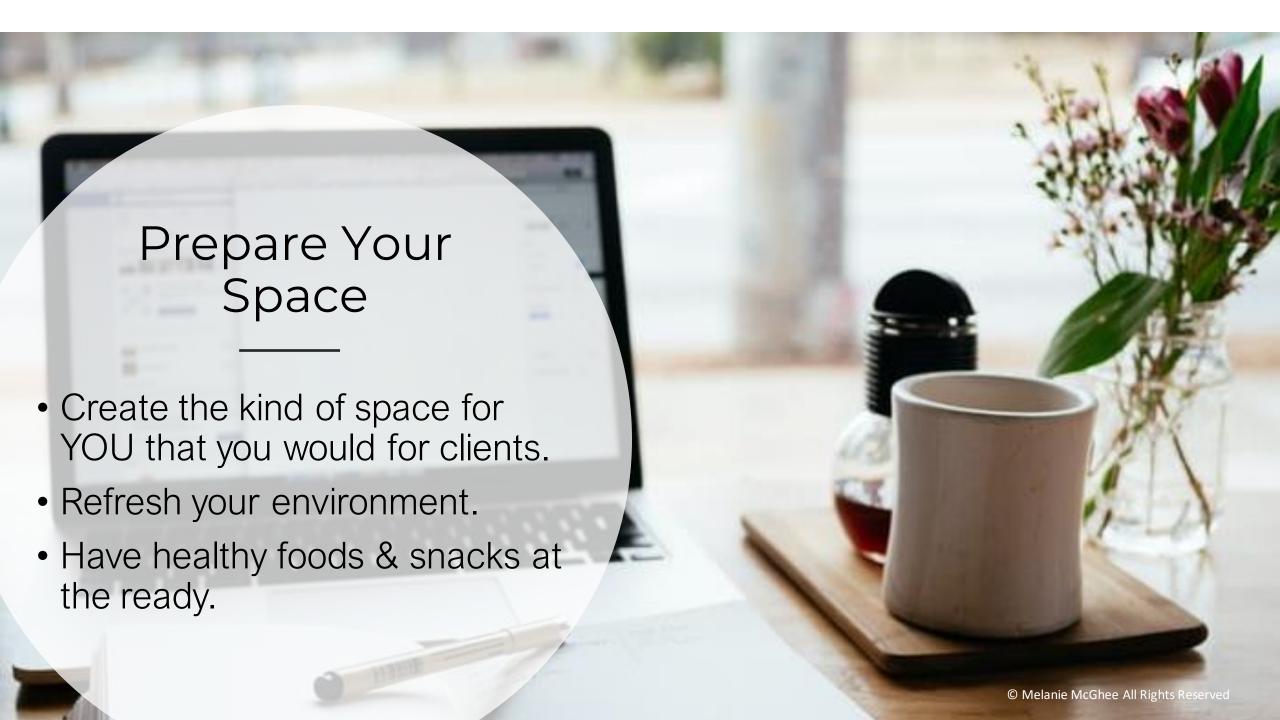
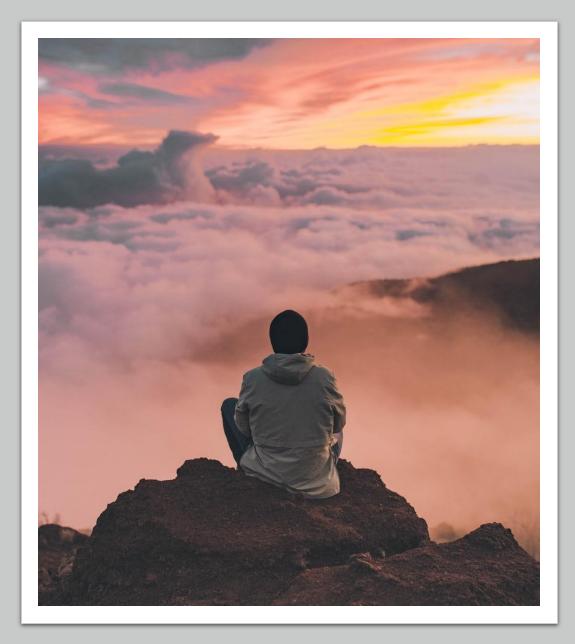


Acceptance & Integration Training

Orientation to Experiential Learning with AAIT







Prepare Your Mind

Gather any supplies that help your learning.

Become familiar with your training manual.

 Complete the awareness prompts in your manual and clarify you intention.

Prepare Yourself Experiential Learning

- Rest.
- Stay hydrated.
- Review the balance wheel.
 - Identify one goal, problem, belief or experience for each area.
 - Give each a vulnerability rating for each item. 10 = super vulnerable.
 - Everyone will have at least 6 opportunities for personal work.



Prepare Your People

- Garner the support of your people.
- Let them know that you will be focused on learning and likely tired at the end of the weekend. Be clear about how they can support you.
- If at all possible, take the day after the training off work.

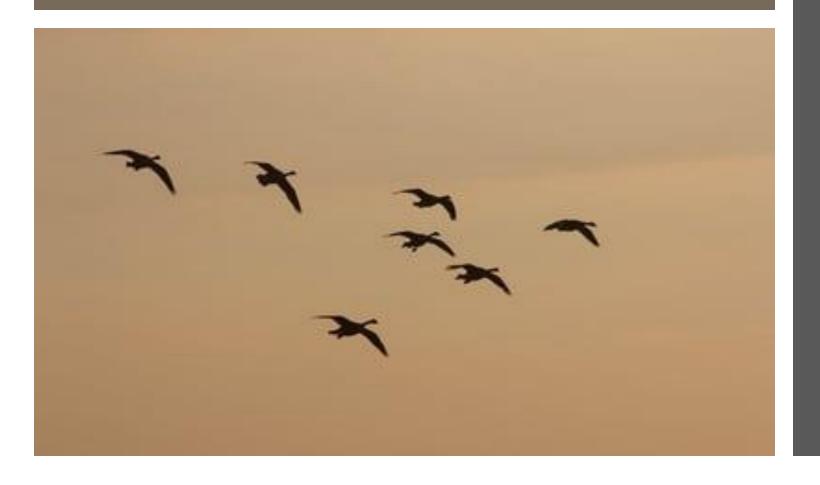








Where Are We Going? Day ONE



Intro to AAIT

Basic PEAT

Sneaky PEAT

Where Are We Going? Day TWO

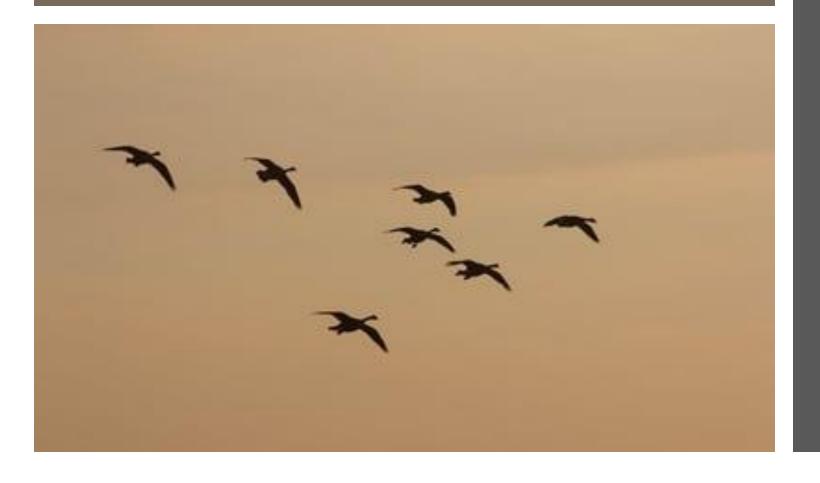


Making a paradigm shift

Deep PEAT 4

Shadow Integration

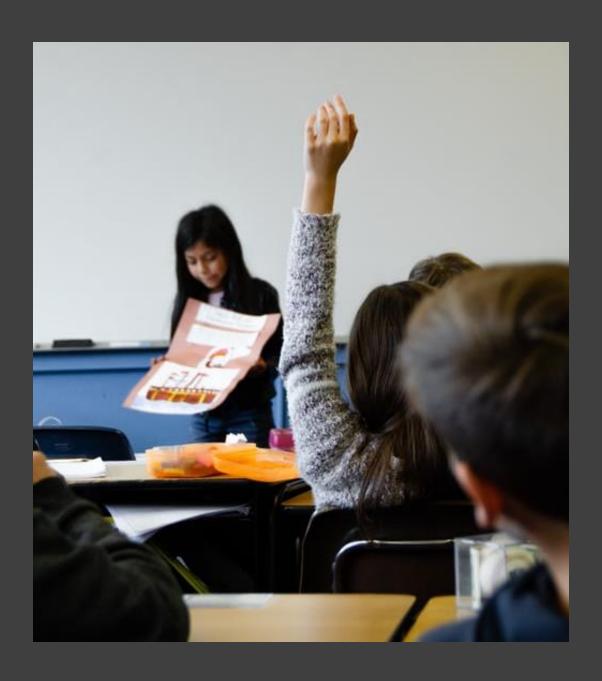
Where Are We Going? Day THREE



Resolving Trauma

Fingertip Method

Golden Shadow Integration



Advocate for Your Learning



Questions / Answers

