

## Life after TLT

# Tri-Life Leadership Training

*the door is round and open...don't go back to sleep...Rumi*

Thank you for the opportunity to share in this most precious gift of **YOU**.

And now, what may have seemed would never end, has ended...eight long days of searching, and learning, and tears and laughter, new awareness, new connections and new ways of Being.

*People are going back and forth across the doorsill  
where the two worlds touch...Rumi*

### **Now What?**

#### **Focus, Staffing, Going Deeper**

**Focus** is the continuation of the program, a place to continue your work, celebrate those successes you aren't able to share with just anyone, share how you're using tools and learn new tools and skills. It's about expanding your awareness and continuing to grow. Some Focus groups will be themed-based, allowing you to explore a particular topic within yourself and share with a group of people dedicated to personal growth.

**Staffing** is a unique and wonderful opportunity to continue your own personal work as well as a way to help others and to pay it forward. Your dedication to your own personal growth is a priceless gift to yourself that can be passed on to each and every participant that you encounter through your open heart.

**Going Deeper** provides the opportunity for doing larger pieces of work than Focus group will allow. This "refresher course" enables you to do a four-hour piece of advanced floorwork guided by Aldo or Maureen with the assistance of a staff person.

**Compassionate Reparenting Training** helps you learn how to validate your Inner Child and gradually, safely, go back to reclaim and nurture that Inner Child in healthy, compassionate ways. It is a deeper discovery of your unique Self.

*don't go back to sleep...Rumi*

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## Focus

Focus is the continuation of the program and provides an opportunity to continue your work. Focus takes place on a Friday evening once or twice a month, begins promptly at 6:30 p.m. and ends no later than 9:30 p.m. We ask that you come by 6:15 p.m. if you want to briefly socialize with others.

Regardless of the number of participants, everyone will have 30 minutes for "What do you want for yourself from this Focus group?" You may choose to use your time to process, to do emotional release work, to celebrate, to do part of your stretch again, etc., or any combination thereof. Depending on the number of people present, we split into two or three groups.

When attending Focus, please bring a pillow and blanket. You will also need to know your personal litany. This includes:

- Name
- Contract Essence (I am a \_\_\_\_\_ man/woman)
- Month/year you graduated
- Cradle Song
- Gift of Your Name (3-Day)
- Sacred Essence (5-Day)
- Affirmation

And, of course, "How are you feeling?"

Currently, the cost is \$15 for individuals and \$25 for couples. A \$5 donation to the Tri-Life Leadership Training Scholarship Fund is always appreciated. As a new Tri-Life Leadership Training graduate, the first two Focus groups immediately following your 8-Day TLT are free.

See you there!

*don't go back to sleep...Rumi*

# Tri-Life Leadership Training

## TLT STAFFING

## INFORMATION

**In order to staff the 8-Day Tri-Life Leadership Training, it is mandatory that you attend a New Staff Training meeting.** Additionally, it is **highly recommended** that you attend the following: The 3-Day Homework Review meeting and/or the 5-Day Homework Review meeting (depending on the session/s you are staffing). The 3-Day and 5-Day Homework Review meetings take place before each 8-Day Tri-Life Leadership Training in order to prepare for the program and review any changes that may occur. You may choose to staff only the 3-Day session or only the 5-Day session of TLT, or both sessions. During the program you will be assigned duties appropriate to your level of training, and the staff administrator will discuss your comfort level for particular exercises. Although we often like interested persons to continue on with training, you are free to staff the program with these training meetings.

If you would like to increase your skills sets, we will be offering Staff Trainings in rotation. Dates and topics for these trainings can be found on the [Tri-Life Calendar](#). Topics include Empathy & Connection, Case Conceptualization & Application, and Engaging in Experiential Tasks.

Once you have completed the sequence (the trainings can be taken in any order), you will find that your abilities during staffing will be enhanced. These skills are necessary to assume secondary or primary roles. However, Aldo and Maureen will decide when it is appropriate for you to assume these roles. Please understand that you can take one or all of the skill sets and will not be pressed to primary. This is a mutual decision between you and the facilitators.

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# Tri-Life Leadership Training

## GOING DEEPER

In response to requests for a refresher course or the possibility of doing larger pieces of work than Focus Group will allow, **Going Deeper** gives you the opportunity to do advanced Floorwork with Aldo and Maureen.

**Going Deeper** will be held three to four times a year, typically on Saturdays from 9:00 a.m.-1:00 p.m. Dates for **Going Deeper** can be found on the [Tri-Life Calendar](#). **Going Deeper** will allow a Tri-Life graduate to have a four-hour floorwork session with either Aldo or Maureen, who will be assisted by two Steering Committee members. This will enable you to do a four-hour piece of floorwork guided by Aldo or Maureen. The cost is \$350. The entire cost of **Going Deeper** will be due by or on the date you attend; payment plans are not available with this training. If you are interested in this advanced floorwork, please note that space will be limited (only two participants per date), and you should e-mail Aldo and Maureen at [tri-life@cinci.rr.com](mailto:tri-life@cinci.rr.com) at your earliest convenience since it will be first come, first serve.

If we receive a large number of requests for **Going Deeper** floorwork, Aldo and Maureen will try to add additional dates to the calendar.

## COMPASSIONATE REPARING TRAINING

Our earliest defenses and wounds happened during childhood; therefore, it is important to learn how to care for this wounded part of you, aka, your Inner Child. Learning how to reparent your inner child is crucial for your growth. An important part of this process of reparenting is to learn to have compassion for yourself and to quiet the self-critical voice driving much distress. Further, by giving compassion to your wounded child part, you provide the emotional safety needed to see yourself more clearly without fear of self-criticism and self-condemnation, allowing you to change dysfunctional patterns of thoughts, feelings, and behaviors that cause difficulties.

This workshop is loosely based on some of John Bradshaw's work and book, "Homecoming." The five-week class is typically held in the Summer on Tuesday nights from 6:30 to 9:00 pm at Maureen's office. The cost is \$200. There is a small homework assignment to be completed before the first class.

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