



# Assertiveness for Life and Leadership

## Mastering the art of empowered empathy

*A 14 week course designed to help empathic people navigate the complicated realm of human dynamics with healthy entitlement and respectful self-agency.*

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### Course Syllabus

- Session 1: Introduction, Baseline
- Session 2: What is Empathy?
- Session 3: The Body as a Barometer of Self Awareness
- Session 4: What is Assertiveness?
- Session 5: Discernment - Toxic Relationships vs. Worthy Adversaries
- Session 6: The Care and Feeding of Empaths
- Session 7: Boundaries, Lines in the Sand, Self Agency
- Session 8: Self Agency and Other Assertions
- Session 9: Difficult Conversations - Candor, Care and Challenge
- Session 10: Giving and Receiving Feedback
- Session 11: The Awakened Empath in Conflict
- Session 12: Asserting Ourselves Through Time and Space
- Session 13: Empaths as the New Leader
- Session 14: Re-membering and Review

### Course Components

- Meditation and self-awareness
- Somatics
- Experiential processes
- Neuro-rewiring
- Relationship Lab - real time practice of assertion in your life
- Homework with reading and video watching
- Dialog
- Role play
- 1:1 coaching and support with peers
- Optional 'Life Lab' monthly meetings with Kelly and Ram with alumni, for ongoing support after you finish course