

# WellGrounded Institute

for  
Women's Wellness

## Professional Training Program for Women's Wellness Educators

### Curriculum Overview

#### Wellness: Calm Pillar

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##### Core Wellness: Calm Pillar

- Calm Pillar Overview
- Small Shifts: Graces and Permissions
- Limbic Calm: Your Brain's Backdoor
- Calm Metabolism: Strong Starts
- Antidote for Adrenal Fatigue
- Mastering the Mental Triggers
- Soul Care: Embracing the Paradox
- Pathways to Presence

##### Advanced Wellness: Calm Pillar

- Establishing a Calm Mind
- Your Brain on Balance
- Calm Mind Teacher's Guide
- Calm Mind Magnet Class and Marketing Materials

#### Wellness: Nourish Pillar

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##### Core Wellness: Nourish Pillar

- Nourish Pillar Overview
- Nutrient Dense Nourishment

- Your Cravings Fingerprint
- Sustainable Energy and Whole Grains
- Uplifted Moods and Protein
- Healthy Fats and Mental Health
- Soul Care: What Are You Truly Hungry For?
- Gut Health and a Strong Immune System
- Energetics of Food and Power Snacking
- Meal Planning Strategies for Busy Lives
- Soul Care: Body Appreciation

#### Advanced Wellness: Nourish Pillar

- Functional Nutrition
- Ayurvedic Principles
- Nourished Body Teacher's Guide
- Nourished Body Magnet Class and Marketing Materials
- Special Topics: Cleansing and Detoxifying
  - Cleansing Your Body with Real Foods
  - Cleansing Through Self-Care Practices
  - Cleansing Your Air, Water, and Personal Care Products
  - Cleansing Your Kitchen and Pantry
  - Your Whole Home Cleanse
  - Putting It All Together

## Wellness: Rest and Move Pillars

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#### Core Wellness: Rest Pillar

- Rest Pillar Overview
- Restorative Rest and the Pineal Gland
- Calm and Detoxification for Restorative Rest
- Understanding Our Feminine Rhythms
- Signs of Imbalance: Understanding PMS and Menopause
- Soul Care: Productivity and Value

#### Core Wellness: Move Pillar

- Move Pillar Overview
- Joyful Movement
- Thyroid and Energy: Replenishing the Stores
- Thyroid and Energy: Lightening the Load
- Soul Care: Inner and Outer Clutter
- Creativity and Voice

#### Advanced Wellness: Rest and Move Pillars

- Impact of Cortisol on Energy
- Impact of Cortisol on Weight
- 5 Major Hormonal Systems
- Rest and Move Teacher's Guide
- Rest and Move Magnet Class and Marketing Materials

## Wellness: Connect and Align Pillars

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#### Core Wellness: Connect Pillar

- Connect Pillar Overview
- Your Unique Song and Anchored Quiet
- Soul Care: Masks of Fear
- Nurturing Your Inner Circle
- Intimacy and Expectations
- Soul Care: Navigating Difficult Seasons with People We Love

#### Core Wellness: Align Pillar

- Align Pillar Overview
- Purposes and Fruits
- Living From Your True Strengths
- Priorities, Boundaries and Energy Drains
- Sacred Schedules

### Advanced Wellness: Connect and Align Pillars

- Barriers to Bridges
- Science of Happiness/ Inner Work of Well-Being
- Connect and Align Teacher's Guide
- Connect and Align Magnet Class and Marketing Materials

## Advanced Educator Track

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### Advanced Educator Track

- Introduction to the Advanced Educator Track
- Group Dynamics
- Body Centered Learning
- Managing Attention
- Elements of a Powerful Class
- Healthy Boundaries
- Customize Your Offerings

## Business Building Track

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### Business Building Track

- Business Building Overview
- Relationship Pathway
- Clarifying Your Message
- Forging Strong Partnerships
- Rock Solid Small Business Success
- Authentic Community Building
- Team and Tools
- Effective Feedback Loops
- Launch Strategies
- Right Pricing
- Healthy Growth Assessment