

## **ABUNDANT LIFE ACADEMY CURRICULUM**

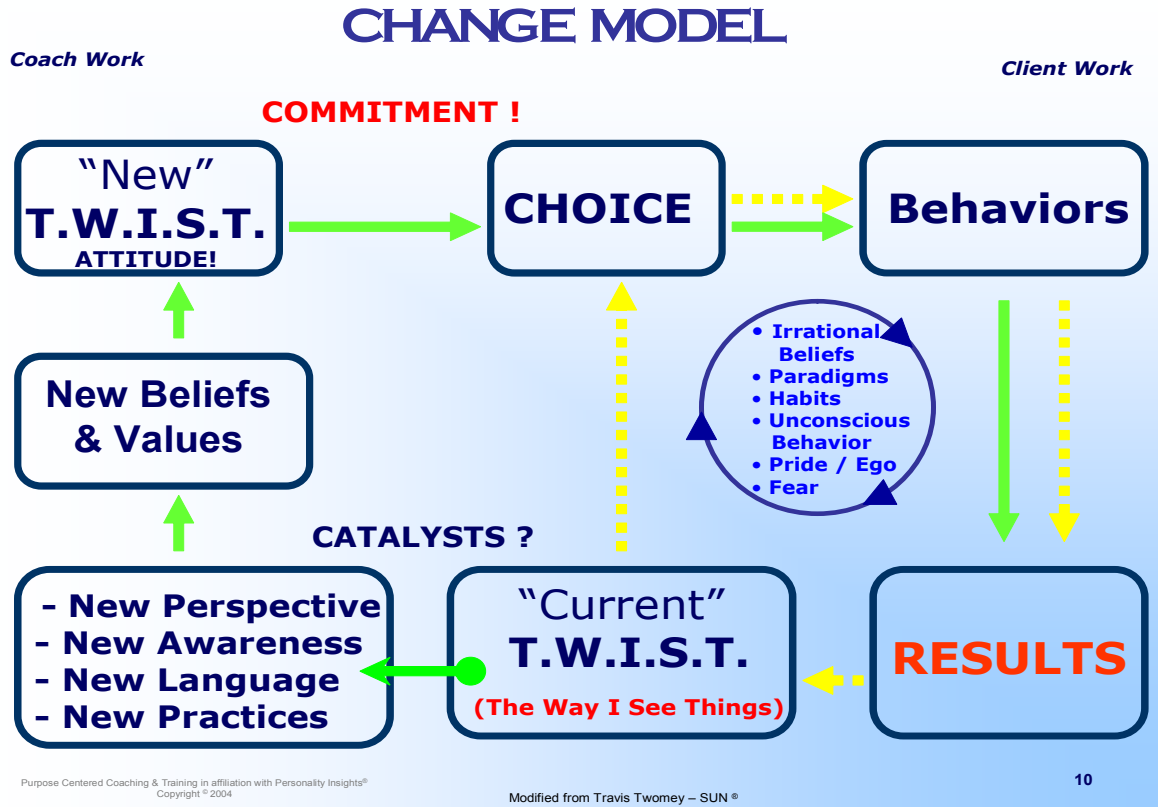
The Abundant Life Academy (ALA) program is a nine (9) month program. The program is divided into three (3) three-month semesters. To fulfill the requirements for graduation, each student must complete and or master all of the academic, leadership, and spiritual requirements on a semester-by-semester basis.

The required material will be a blend of your on-going High School required work (from a certified Home-school curriculum), the ALA leadership material, discipleship and Biblical curriculum. Your high school curriculum will be coordinated with your current high school of attendance and the accredited home school of your parents' choice. While in attendance at ALA, you will have the benefit of certified teachers to aid in your studies and progress. The ALA Leadership Material that you will be required to complete will be in addition to your regular academics. The ALA Leadership material will be presented in a workshop format. For all the Leadership Workshops your attendance and participation will be mandatory. The Leadership workshops will lay the groundwork for the life coaching that will occur as an on-going part of your stay at ALA.

### **Semester One and Two (1 and 2): Learning and Application**

During your first semester at ALA you will be required to **MASTER** the following Leadership material:

- 1. DEMONSTRATE A WORKING UNDERSTANDING OF THE CHANGE / TWIST MODEL OF BEHAVIORAL CHANGE LEADING TO NEW RESULTS**



## 2. UNDERSTANDING HUMAN BEHAVIOR – PROFICIENCY GOALS

- ❑ Able to understand and identify the basic DISC flow of Outgoing, Reserved, Task, and People oriented natures;
- ❑ Working Knowledge of the **four** primary DISC temperaments;
- ❑ Know six descriptors for each of the primary DISC temperaments;
- ❑ Know the strengths and weaknesses of each of the primary DISC temperaments;
- ❑ Know the “Out-of-control” and “In-control” behaviors for YOUR Primary Temperament;
- ❑ Understanding and Working Knowledge the DISC Blends (Two above the line and two below the line);

- ❑ Understand and Identify individual DISC Temperament (Basic and Environmental), knowing individual STRENGTHS and WEAKNESSES (Areas of concern);
- ❑ Knowledge of your team-members DISC temperaments;
- ❑ Ability to demonstrate a working knowledge of how to effectively work with differing DISC blends on your team;
- ❑ Understand the power of trust and know three verses or sayings regarding trust;
- ❑ Working Knowledge of how each of the primary DISC types typically react under stress / pressure;
- ❑ Identify three (3) DISC descriptive areas for improvement / blind spots and develop a plan toward overcoming the weakness with strength areas;
- ❑ Demonstrate knowledge of the DISC Communication strategies;
- ❑ Prepare a Temperament Map of your DISC (basic) Temperament showing how your secondary temperament traits support you Primary Trait;
- ❑ Participate in mock negotiations and conflict scenarios utilizing the primary DISC temperaments that have been learned.

### 3. UNDERSTANDING EMOTIONAL INTELLIGENCE – PROFICIENCY GOALS THAT DEMONSTRATE A WORKING KNOWLEDGE OF THE FOLLOWING:

#### SIX SECONDS' MODEL<sup>®</sup> FOR EMOTIONAL INTELLIGENCE:

- ❑ **KNOW YOURSELF** – Increase self-awareness (including Rational and Irrational Beliefs that you may hold); understand how you function - Patterns, Beliefs, Values;
- ❑ **CHOOSE YOURSELF** – Developing self-management; acting with accountability and trustworthiness; **Choosing** your *thoughts*, *feelings*, and *actions*; applying consequential thinking;
- ❑ **GIVE YOURSELF** – Developing self-direction; using *empathy* which allows you to understand, support, & nurture others; Commit to noble goal(s).

## **GOLEMAN'S MODEL FOR EMOTIONAL INTELLIGENCE**

- **SELF-AWARENESS**
  - Emotional self-awareness
  - Accurate Self-assessment
  - Self-confidence
  
- **SELF-MANAGEMENT**
  - Emotional self-control
  - Trustworthiness
  - Conscientiousness
  - Adaptability
  - Achievement drive
  - Initiative
  
- **SOCIAL AWARENESS**
  - Empathy
  - Service Organization
  - Organizational Awareness
  
- **RELATIONSHIP MANAGEMENT**
  - Developing others
  - Influence
  - Communication
  - Conflict Management
  - Visionary leadership
  - Catalyzing Change
  - Building Bonds
  - Teamwork & Collaboration
  
- **THE HUMAN BRAIN AND EMOTIONAL INTELLIGENCE:**
  - The Amygdala
  - The Cortex
  - The Thalamus
  - Limbic Brain
  - Cortical Brain

- The Brain Stem
- Emotional “Hijacking”
- **LEADERSHIP AND EMOTIONAL INTELLIGENCE:**
  - Visionary Style (Resonant)
  - Coaching Style (Resonant)
  - Affiliate Style (Resonant)
  - Democratic Style (Resonant)
  - Pacesetting Style (Dissonant)
  - Commanding Style (Dissonant)
  
- **EMOTIONAL INTELLIGENCE APPRAISAL / ASSESSMENT:**
  - Strengths
  - Areas for Improvement
  - Growth Plan

#### **4. JOHN WOODEN’S PYRAMID OF SUCCESS™ AND THE BIBLE:**

##### **2 Chronicles 26:5**

*“He sought God during the days of Zechariah, who instructed him in the fear of God. As long as he sought the Lord, God gave him success.”*

- Construct and define the “Pyramid of Success”
- Link the key blocks and mortar with applicable scriptural references
- Define Strength areas
- Define areas for improvement

#### **5. MASLOW’S HIERARCHY OF NEEDS:**

- Physiological needs
- Safety needs
- Belonging needs
- Esteem needs
- Self-actualization needs

#### **Semester 3 (3): Application and Service**

In this semester, the students of Abundant Life Academy will integrate and utilize all aspects of their training in . . .

- Understanding Human Behavior
- Emotional Intelligence

- ❑ Accountability
- ❑ Leadership
- ❑ Discipleship
- ❑ Serving Others

. . . within the Academy as well as the community. Additionally, family restoration will have begun and opportunities to exercise their new understandings within the family unit will have taken place. Students at this stage will have proven developed consistency in:

- ❑ Long term performance excellence
- ❑ Self correcting behavior
- ❑ Self directing behavior
- ❑ Living the fruits of the Spirit

It is our hope and desire that an intimate relationship with Christ has developed. That each student has submitted him or herself to the leading of the Holy Spirit in all areas:

~ Thoughts ~      ~ Feelings ~      ~ Actions ~

. . . a true change of heart!

