



MODULE 1: PERSONAL DEVELOPMENT

OVERVIEW

It's a known fact that many women often lose themselves in trying to be "everything to everybody." Many of us are wives, mothers, daughters of aging parents, working women - whether we are the boss, business owners, supporters, etc., and the list goes on. The need to understand the importance of having an awareness and appreciation for the true gems that we are is paramount, and The Personal Development Module of Wise Women University is designed to help you do just that.

OUTCOMES

Among the expected outcomes are:

- Greater awareness and appreciation for the value that you bring to the table
- Reflection on the contributions that you have made in the lives of others
- Clearer understanding of the distinction between destiny and purpose
- Discovery, clarification, confirmation or affirmation of your purpose
- Inspiration to live your absolute best life

COURSE SCHEDULE

The dates and times for each course are as follows:

June 17 - 8:00 PM EST - Orientation

June 24 - 8:00 PM EST - Course 1: Celebrating the Unique YOU!

July 1 - 8:00 PM EST - Course 2: 10 Steps to Destiny

July 8 - 8:00 PM EST - Course 3: Embracing Purpose...Owning Destiny

July 15 - 8:00 PM EST - Course 4: Why Every Woman Needs to Tell Her Story

July 22 - 8:00 PM EST - Course 5 - Attitude is Everything: The BFLYSM Factor

July 29 - 8:00 PM EST – Wrap Up Session

COURSE DESCRIPTIONS

Course 1: Celebrating the Unique YOU!

There's a "shero" on the inside of you. Do you know her? When was the last time you celebrated her? Now's a good time, and this course will help you to do just that! Self-evaluation is a must in this course and, upon completion, you'll have a renewed perspective of your identity and worth. You will also be empowered to walk in a new level of self-confidence.

Course 2: Ten Steps to Destiny

Destiny and purpose are often used interchangeably, but they are certainly two different concepts. This exciting teaching clearly explores the distinction. Upon completion of this course, you will be given the tools that will help you discover or confirm your purpose, and 10 amazing steps to achieving destiny will be unveiled. The end result is that you will be equipped to embrace your purpose and ultimately own your destiny.

Course 3: Embracing Purpose....Owning Destiny

This course is a continuation of Ten Steps to Destiny. Now that there is a clearer understanding of purpose and destiny, we will further explore real life examples of how people have identified their purpose and are now walking in their destiny. The course is built upon the premise that people can be what they see. Examples of success are sometimes the best teachers.

Course 4: Why Every Woman Needs to Tell Her Story

One of the most fulfilling things in life to accomplish is to inspire others. You can do just that by telling your story! That's right; everybody has a story to tell, and there is something YOU have experienced in your life that will be of great help to someone else. This course will help you identify and articulate your story. Others will listen to or hear your story and make a resolve, "If she can, so can I."

Course 5: Attitude is Everything: The BFLYSM Factor

BFLYSM is a brand of inspiration patterned after a specially designed butterfly. Understanding that individuals will inevitably experience at least one metamorphosis (major change) in life, this course is encouraged to inspire you to have a different attitude: Be Fly (BFLYSM), which simply means regardless of where they find yourself in your life's metamorphosis, you can make it if you don't give up. In being taught to BFLYSM, you will be encouraged to: Be fierce. Be Lifted. Be You! At the end of this very inspirational session, you will be ready to face the future with great enthusiasm.

WHAT YOU WILL RECEIVE WITH EACH COURSE

Our business model dictates that we operate under these five foundational principles: (1) service to God; (2) service to man; (3) accountability; (4) integrity; and (5) excellence. As such, we pledge to provide the following services to you:

- Orientation session
- Audio and/or video teaching
- Worksheets
- Weekly online coaching to take place on the course dates provided. A recording will be made available.

- Continual online support forum through closed social media group
- Referrals to additional resources
- Wrap up session

EXPECTATIONS OF YOU

Your full participation in this course will play a key role in you gaining the maximum benefit of this course. In essence, your commitment will be of utmost importance if you truly desire to embrace a successful outcome. As such, you are expected to:

- Review the course materials prior to the Monday night course trainings.
- Complete the worksheets prior to the Monday night course trainings.
- Be present for the Monday night online course trainings.
- Be actively engaged in the closed social media group.

MEET THE INSTRUCTOR

In addition to being the visionary leader of the Wise Women ProsperSM movement, transformational life coach Alonia Jones also sits at the helm of Dream 2 Destiny Enterprises, a full service corporate communications and professional development company wherein she helps people realize their dreams and organizations achieve their goals. Alonia has used her gifts of communication and connectivity for more than 25 years by providing excellent service to educational institutions, corporations, governmental entities, nonprofit and faith-based organizations, entrepreneurs and executives, among others. Her vast positive experiences have rightfully earned her the tagline, "Born to inspire...equipped to empower."

Alonia is a graduate of Spelman College, where she majored in English. She has also gained credits toward a Master's degree in Biblical Studies and Theology from Luther Rice Seminary. Additionally, Alonia is well known and widely respected as a prolific writer, inspiring and witty speaker and captivating teacher/trainer. She has a heartfelt passion for helping others live their absolute best life. This passion is evidenced by the quality programs and services she offers to those whom she serves. Her five foundational principles in business and life in general are: (1) service to God; (2) service to man; (3) accountability; (4) integrity; and (5) excellence.