



THE R.E.L.E.A.S.E. METHOD™ INSTITUTE

Become a Certified R.E.L.E.A.S.E. Method™ Facilitator

Help Others Move from Overwhelm to Lasting Peace

You don't have to be a therapist to make a meaningful difference.

If you have a heart for helping people, enjoy leading groups, or want to create a positive impact in your community, the **R.E.L.E.A.S.E. Method™ Facilitator Certification** equips you with a structured framework to confidently guide others through reflection, growth, and practical next steps.

Applications are now open for our Founding Cohort!

[\[Apply Now\]](#)

Imagine Being the Person Who...

- Helps someone find hope during a difficult season.
 - Leads meaningful conversations instead of surface-level discussions.
 - Creates safe spaces where people feel heard and supported.
 - Makes a lasting difference in churches, schools, nonprofits, workplaces, or community groups.
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What is the R.E.L.E.A.S.E. Method™?

The R.E.L.E.A.S.E. Method™ is a seven-step framework that helps people identify what they're carrying, process it intentionally, and move forward with greater clarity and purpose.

You'll Learn to Guide Others Through:

R – Recognize

A – Accept

E – Empty

S – Set One Step

L – Label

E – Exhale

E – Evaluate

Is This Certification Right for You?

This program is ideal for:

- Life Coaches
- Ministry Leaders
- Women's Ministry Leaders
- Teachers & Educators
- Community Leaders
- Human Resources Professionals
- Wellness Coordinators
- Nonprofit Staff
- Small Group Leaders
- Anyone who enjoys helping others grow

No previous facilitation certification is required.

What You'll Receive

- Comprehensive Facilitator Training
 - Participant Workbook
 - Facilitator Manual
 - Teaching Resources
 - Practical Facilitation Exercises
 - Certification Assessment
 - Official Certificate
 - Founding Cohort Recognition
 - Ongoing Community and Future Updates
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Meet Your Instructor

Jacqueline Gordon Cain

Author • Speaker • Minister • Educator • Breast Cancer Survivor

Jacqueline created **The R.E.L.E.A.S.E. Method™** after years of serving in ministry, education, and leadership. Her passion is helping people move from overwhelm to lasting peace through practical, compassionate facilitation.

Founding Cohort Benefits

As one of our first Certified Facilitators, you'll receive:

- Special Founding Cohort recognition
- Early access to future resources
- Opportunities to provide feedback on future editions
- Preferred pricing on advanced training
- A chance to help shape the future of the Institute

Frequently Asked Questions

How long is the certification?

Training includes live instruction, interactive activities, and independent practice. A detailed schedule will be provided after enrollment.

Do I need previous experience?

No. We welcome both experienced facilitators and first-time group leaders.

Will I receive a certificate?

Yes. Participants who successfully complete all program requirements will receive an official Certificate of Completion.

Can I teach immediately after certification?

You'll be equipped to facilitate the R.E.L.E.A.S.E. Method™ according to the program guidelines you receive during training.

Ready to Take the Next Step?

Become part of the very first group of Certified R.E.L.E.A.S.E. Method™ Facilitators.

Applications are now open.

Cost is \$497.00 for the first 20 applicants.

[Apply Now]

Questions?

Email: info@releasemethods.com