



DECODE EXPERIENCE (6 Live CLASSES) ENGLISH EDITION:

Class 1: My Emotional World

- Creating a safe space for exploring emotions
- Guided exercises for identifying and expressing emotions
- Self-reflection activities to deepen emotional self-awareness
- Techniques for self-regulation and managing emotional triggers

Class 2: Digging into My Life Script

- Interactive exercises to uncover and examine personal life scripts
- Journaling prompts for self-reflection on limiting beliefs and patterns
- Identifying your unique comprehension of the mandates that are limiting your life movement
- Collaborative activities to challenge and reframe negative scripts

Class 3: My Family Tree and the Impact in My Life Dynamics

- Mapping out family dynamics and intergenerational patterns
- Family genogram exercises to explore ancestral influences
- Guided visualization for healing family wounds and releasing burdens
- Facilitated group discussions to deepen understanding and insight

Class 4: Healing My Inner Child Wounds

- Guided inner child visualization and healing exercises
- Constellation movement to connect with the inner child
- Tailored Healing Mantras to overcome child trauma
- Integrative practices for nurturing and integrating the healed inner child

Class 5: Applying the Orders of Love in My Daily Life and Understanding Its Impact in My Net of Links

- Interactive exercises to understand the principles of the Orders of Love
- Role-play and constellation exercises for practical application
- Group discussions and reflections on personal experiences
- Digging into my role in my family system

Class 6: NLP and Resources to Anchor New Behaviors

- Experiential exercises for learning NLP techniques (e.g., anchoring, reframing)
- Guided visualization for creating resourceful states
- Collaborative activities for practicing NLP techniques in real-life scenarios
- Creating personalized action plans and resources to anchor new behaviors