



SUPERA[®]
CONSCIOUS MANAGEMENT

PURPOSE

Level of Consciousness
Expansion

LEGACY

Quality of Life
Expansion

PROFITABILITY

Economic Productivity
Expansion

CONSCIOUS TRAINING



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CONSCIOUS TRAINING

GOALS

The Conscious Training Program (CTP) is truly a world class training program developed by SUPERA World®, aimed at elevating leaders and workforce to world-class levels of performance in health, harmony, happiness, fulfillment and wealth. It has 3 foundational objectives:

**Level of
Consciousness
Expansion**

**Quality
of Life
Expansion**

**Economic
Productivity
Expansion**

A profitable world class corporation is based on a strong culture and on world class human capital. This training program is the key to enhance a competitive culture and elevate levels of sustainable performance to a world class level.



**Level of
Consciousness
Expansion**

The CTP® creates world class leadership and self mastery, because it puts the student at the center of our studies. In other words the students studies himself/herself in order to discover his/her inner untapped human potential.

The consciousness expansion creates as a natural consequence an immediate and significant expansion in the quality of life and economic productivity.

The CTP® is a unique and powerful learning experience that delivers back to each leader the sovereign power of his/her own happiness and success.

This is a cathartic experience of reconciliation with his/her own biography. This allows to dramatically improve the quality of life of all participants by solving all structural problems of all relationships: intrapersonal and interpersonal, in all areas of life: intimate, private and public.



**Quality
of Life
Expansion**

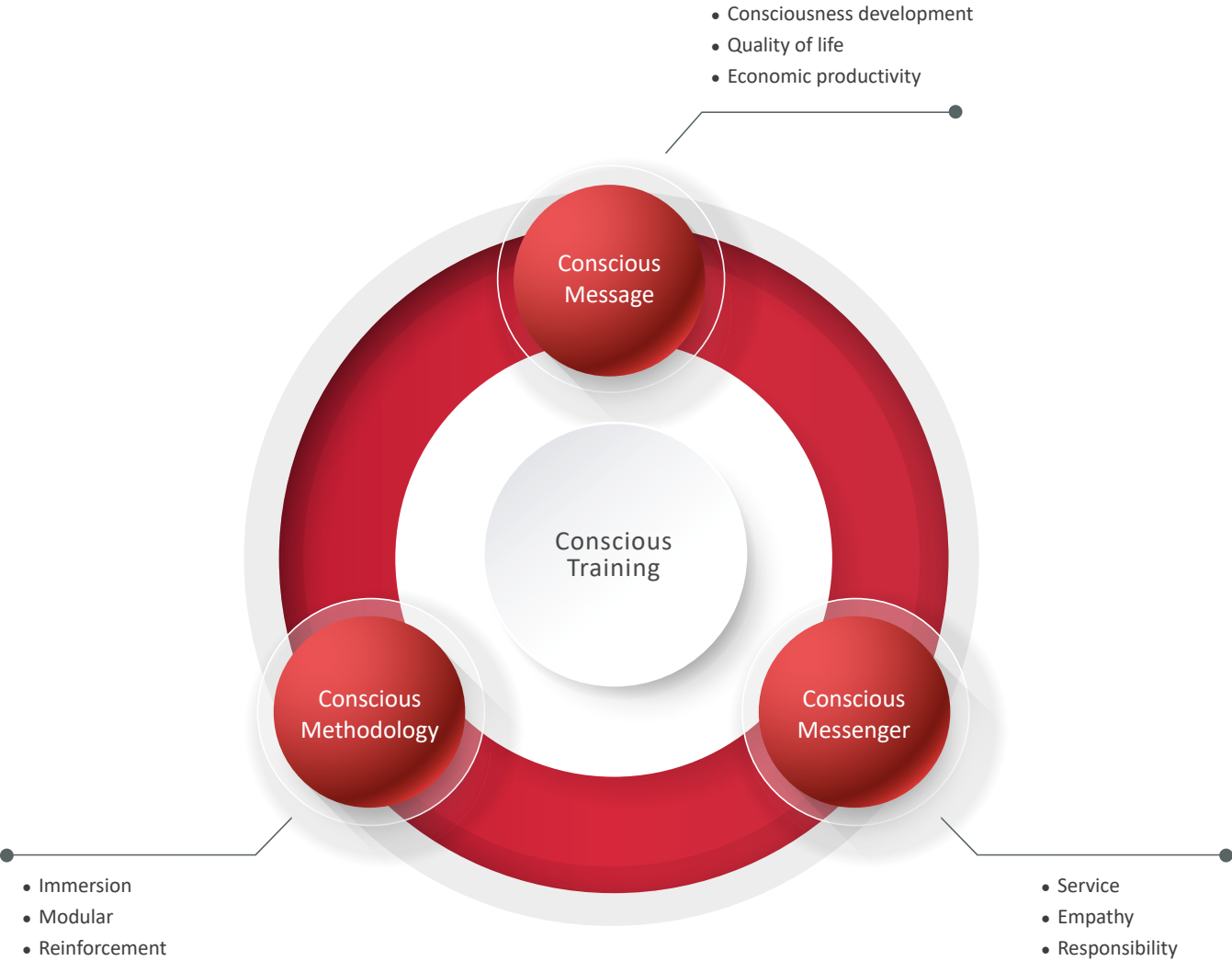


**Economic
Productivity
Expansion**

The CTP® helps each participant to enhance his/her economic productivity and shares the codes to create wealth for the corporation and for himself/herself. It transforms a series of attitudes, attachments and compulsive behaviors that deteriorate cultural, operational and economic results. This program creates peace of mind and consequently enhances people's levels of energy, enthusiasm and engagement. In our almost 20-years of experience, we have found that almost 75% of people inside corporations, at all levels, have serious financial problems due to the ignorance of immutable laws of prosperity.

CONSCIOUS TRAINING MODEL

At SUPERA World® we have developed a world class model that creates real wealth and impact. This program is unique in the world and its attractiveness is based on three fundamental elements: message, messenger and methodology.



CONSCIOUS TRAINING MODEL

CONSCIOUS MESSAGE

1. World class knowledge oriented to the development of consciousness.
2. World class knowledge aimed at improving the quality of life.
3. World class knowledge aimed at increasing the economic productivity.

CONSCIOUS MESSENGER

1. Expert facilitators with great service vocation for the participants.
2. Expert facilitators with great empathic ability to understand and best serve people.
3. Expert facilitators with a strong sense of responsibility.

CONSCIOUS METHODOLOGY

1. Total immersion sessions to create high impact and optimal learning conditions.
2. Sessions structured in 3x3 modules that facilitate awareness, attention, understanding.
3. Virtual reinforcement sessions of 20-30 minutes to improve assimilation and implementation.



CONSCIOUS TRAINING

METHODOLOGY

The CTP® is a off/online world-class annual training program structured in 18 sessions: 12 sessions oriented to personal consciousness development and 6 sessions oriented to business consciousness development (customized to each business model).

These 18 sessions can be delivered in a face-to-face or virtual way at the convenience of every client's reality principle.

Each CTP® session is divided in 3 modules. Each module is subdivided into 3 sub-modules, making a total of 9 sub-modules for each session of the program.

The CTP® is 100% adapted to culture and competitive reality of our client. It is designed for maximum value creation for the business and for the personal life of the participant.

Our customized CTP[®] provides knowledge

that can be immediately applied to the benefit of the business
and of the participant.

We also provide weekly reinforcements videos. They are available after each session for a limited time. We provide about 100 modular videos of 20-30 minutes each.

The main objective of these reinforcement videos is to provide the necessary tools for repetition and synthesis, fundamental pieces to maximize learning, knowledge and application of information.

In order to maximize the efficiency and effectiveness of each monthly CTP[®] session, we execute 3 master actions:



**Training
Quality
Assessment
(TQA[®])**

**Student
Learning
Assessment
(SLA[®])**

**Training
Customization
Assessment
(TCA[®])**

01 TQA[®]

It is a survey at the end of each session. Here the participant evaluates fundamentally the quality of the message, the quality of the messenger and the quality of the methodology. We deliver a monthly TQA[®] report to the champion of the project.

02 SLA[®]

We evaluate each student. This is a student evaluation tool and also a reinforcement tool for the student to review his/her materials again and again.

03 TCA[®]

On an ongoing basis, our team and the client's dedicated team improve together this customized program in order to make it even more relevant and impactful to the changing reality and challenges of the competitive landscape of the business.

The CTP® methodology is unique and world class. We serve the most talented team members and prepare them for the future. We select the most talented participants based on their credibility, ability and communication skills. We work together in order to increase the level of consciousness expansion, quality of life expansion and economic productivity expansion.



- Credibility	- 12 Face-to-face sessions	- Delivery of symbolisms
- Ability	- 96 Hours of immersion	- Delivery of certificate
- Communication	- 108 Reinforcement videos	- Delivery of personal binnacle

Permanent evaluation: Quality (TQA) + Learning (SLA) + Improvements (TCA)



CONSCIOUS FACILITATOR PROFILE

We consider this a fundamental part of our competitive advantage. In our strong culture, our facilitators incarnate SUPERA's values. We believe that the best way to influence a participant is by example and by deserved inspiration.

SERVICE

We **are** change agents of the business leaders consciousness

We **know** serving others is the true path to lifetime fulfillment

We **have** a world-class know-how to help and support visionary business leaders

EMPATHY

We **are** conscious that understanding business leaders needs and wants is our primary mandate

We **know** every business needs a tailor-made solution to exceed customer expectations

We **have** a unique human nature understanding to achieve quantum business sustainable results

RESPONSIBILITY

We **are** passionate thinkers and doers to execute and innovate strategic solutions

We **know** our reputation is more important than profits and will never put at risk under any circumstance

We **have** world-class standards in anything we do at all levels of our organization

Therefore, each facilitator is permanently mentored, incentivized and evaluated in 6 critical aspects in order to guarantee the maximum quality of the training: We monitor consciousness, ability, connection, communication, control and characteristics.



In this sense, we permanently conduct quality evaluations of the facilitator. Reports go to the champion of the project.

Facilitator's Quality Evaluation

Assesed: Evaluator: Date:
 Client: Program: Total score:

	1	2	3	4	5	Total
1 Facilitator CONSCIOUSNESS	Poor	Regular	Good	Excellent	Outstanding	Partial score
Presence: Focus level	----	----	----	----	----	
Vocation: Joy level	----	----	----	----	----	
Service: Passion level	----	----	----	----	----	
2 Facilitator CAPACITY						
Rational: Structure management	----	----	----	----	----	
Emotional: Enthusiasm management	----	----	----	----	----	
Phisycs: Energy management	----	----	----	----	----	
3 Facilitator CONNECTION						
Individual: Personal interventions	----	----	----	----	----	
Group: Auditorium sweep	----	----	----	----	----	
Massive: Total participation	----	----	----	----	----	
4 Facilitator COMMUNICATION						
Linguistics: Word mastery	----	----	----	----	----	
For linguistics: Mastery of rhythm	----	----	----	----	----	
Corporal: Body mastery	----	----	----	----	----	
5 Facilitator CONTROL						
Structure: Compliance level	----	----	----	----	----	
Meditations: Level of depth	----	----	----	----	----	
Tower: Coordination level	----	----	----	----	----	
6 Facilitator CHARACTERISTICS						
Physical: Body measurements	----	----	----	----	----	
Image: Facilitator's uniform	----	----	----	----	----	
Style: Distinctive naturalness	----	----	----	----	----	

7 RECOMMENDATION

Top score: 90

①

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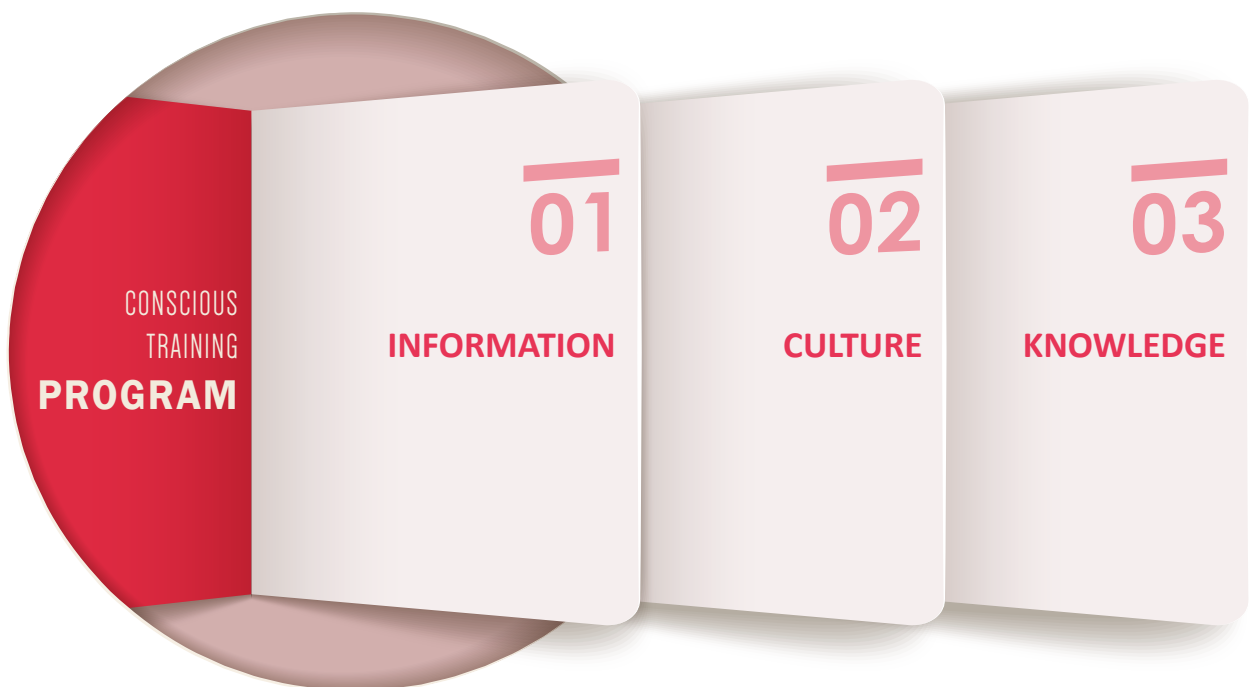
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Signature of the assesed

Evaluator's signature

CONSCIOUS TRAINING PROGRAM

We have developed a world class conscious training program that goes deep into pragmatic real life application of all knowledge shared.



Information:

It is the most superficial level of knowledge.

Culture:

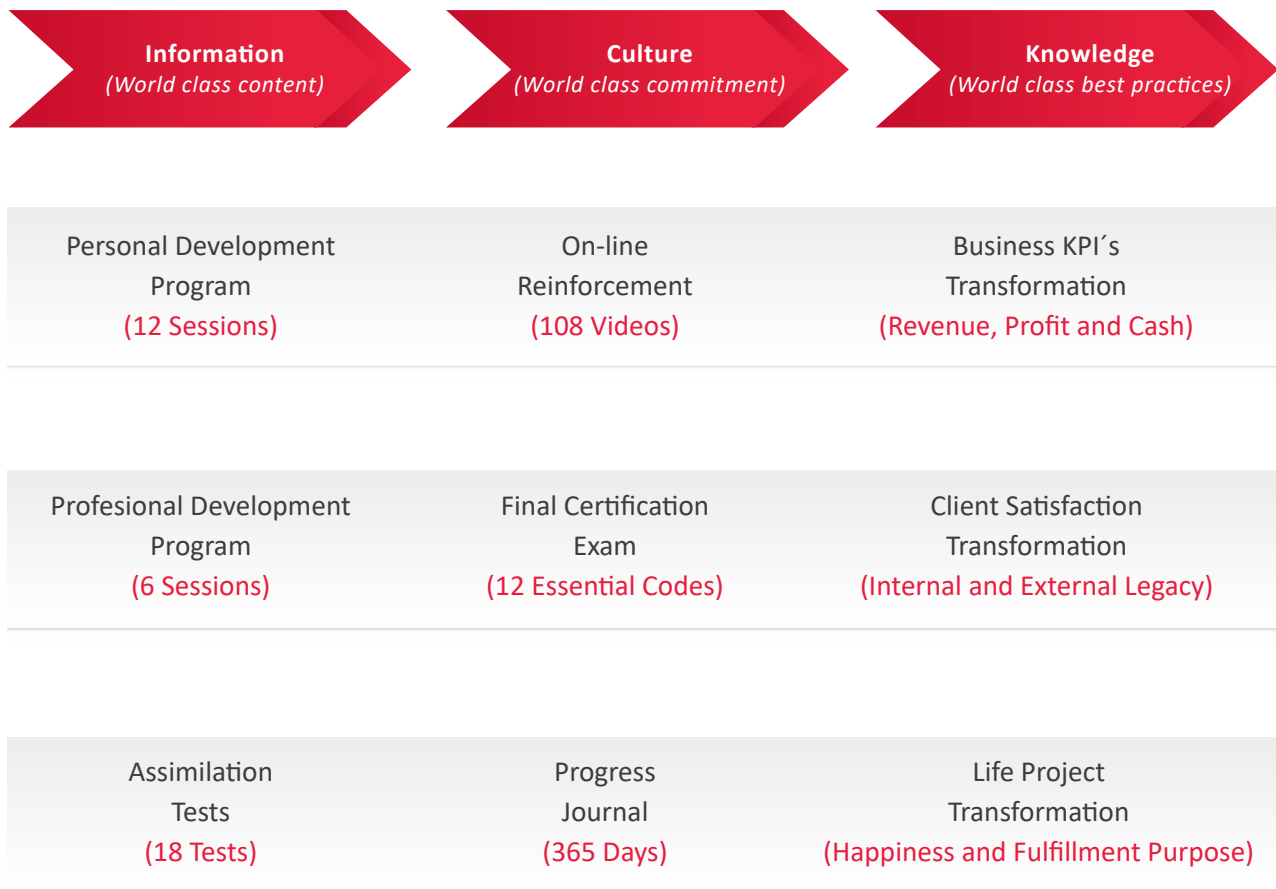
Is a deeper level of knowledge, the student assimilates it, but do not implement it yet.

Knowledge:

It is the deepest level of Knowledge and creates real transformation. The student understands and applies information in real life, making it real knowledge.

Our conscious training program is designed in a way that allows the student to achieve real transformation and create wealth and success in business and in personal and family life.

Conscious Training Program



Next, we are going to share a brief “synthesis of our world class content”, as well as a “synthesis of our world class commitments” made during each of the 12 sessions.





Conscious
Training Program
for Leaders CTP[®]

SESSION 1

THE NEW PARADIGM

THE NEW PARADIGM

The objective of this session is for the participant to understand and assimilate his/her central role as a Leader and as a change enabler within the cultural transformation program. The central goals are the level of consciousness expansion, quality of life expansion and economic productivity expansion.



1. THE NEW WORLD

The student understands the transcendental importance of “knowing thyself”. This module consists of 3 sub-modules:

- A** **New attitude:** We study the system of thoughts, beliefs and values.
- B** **New aptitude:** We study the critical importance of credibility, ability and communication skills in order to inspire, lead and create transformation.
- C** **New altitude:** We set a new level of commitment in the daily life of the student.

2. NEW PARADIGM

The student understands the transcendental importance of awakening his own consciousness. This module consists of 3 sub-modules:

- A** **Development of consciousness:** We measure the degree of development of the consciousness of each participant by exposing it to fame, power and money.
- B** **Quality of life improvement:** We explore the construction of the life project based on what a person is, knows and has in order to be able to expand what you can and want.
- C** **Economic productivity:** We explore the dominant philosophy of the person regarding money and money management: mentality of the poor vs. mentality of rich.

3. NEW POSSIBILITIES

The student understands the transcendental importance of developing and expanding his/her self identity. This module consists of 3 sub-modules:

- A** **New consciousness:** We study the notions of self identity, attitude and behaviour according to the level of consciousness.
- B** **New challenge:** We show the new challenges that a person will face with an elevated level of consciousness.
- C** **New reward:** The show the rewards that come with a new higher level of consciousness: Economic, emotional and spiritual Salary.

SESSION 1

THE NEW PARADIGM

Conscious Objective

**"To understand conscious leaders role:
inspire and instruct others by example"**

Conscious Commitments

I commit myself to:

**"Expand my own
level of consciousness"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Expand my
quality of life"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Expand my
economic productivity"**

Wherever I am
with any person, and
under any circumstances.



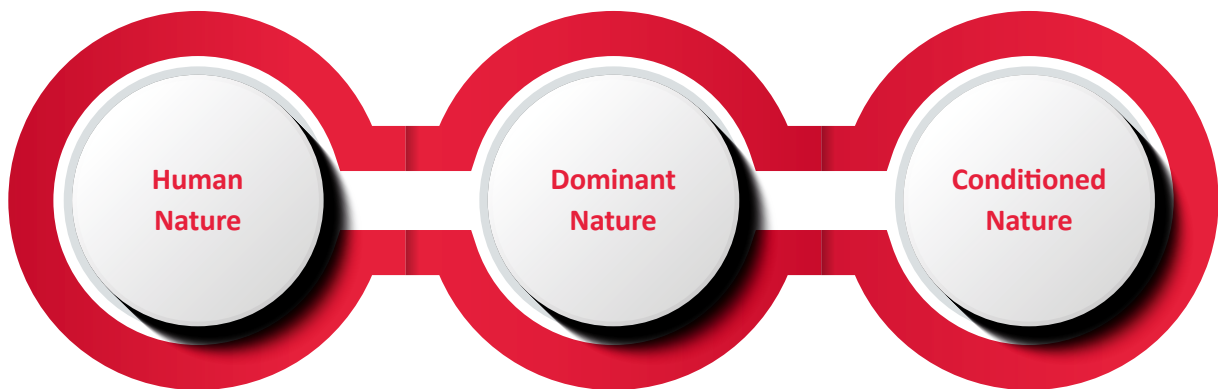
Conscious
Training Program
for Leaders CTP[®]

SESSION 2

CONSCIOUSNESS DEVELOPMENT

CONSCIOUSNESS DEVELOPMENT

The objective of this session is to initiate all participants into the study of “know thyself”, a journey of deep self exploration and discovery. The ultimate goal is to unleash the human potential that lies within each individual. In this master session 3 central themes will be addressed:



1. HUMAN NATURE

The student studies and understands the nature of his/her human potential. This module consists of 3 sub-modules:

- A** **Genetic potential:** The characteristics of human potential is explored: rational, emotional, motor, instinctive and sexual.
- B** **Genetic performance:** The optimal functioning of each of the five potentials gets explored and improved.
- C** **Genetic fulfillment:** The fulfillment of each of the five potentials gets studied: appetite and creativity are the engines for their own development.

2. DOMINANT NATURE

The student understands the nature of his/her genetic tendencies and its impact on the way to approach life, business, family and the world. This module consists of 3 sub-modules:

- A** **Genetic emphasis:** We explore the dominant tendency and its variants: rational, emotional and motor, as well as, the way the world is perceived.
- B** **Genetic psychology:** We study the relationship between human physiology and the acquired psychology, and its impact on interpersonal relations.
- C** **Genetic balance:** We study the equilibrium of human potential and the way to improve it. Life can be enhanced by deliberate conscious actions: We call this “consciousness – action”.

3. CONDITIONED NATURE

The student understands the nature of his/her cultural conditioning: family, school and society and its impact on the cosmovision of the world. This module consists of 3 sub-modules:

- A** **Dysfunctional self identity:** We explore the “false personality” or “imaginary self”. It arises from the deficiencies perceived throughout life.
- B** **Dysfunctional behavior:** We explore “compulsive behaviors” related to fame, power, money and sensations.
- C** **Functional self identity:** We learn and apply “the attitude triangle” as a practical and powerful tool for the transformation of self identity.

SESSION 2

CONSCIOUSNESS DEVELOPMENT

Conscious Objective

"To understand human potential to unleash human possibilities:
personal and professional"

Conscious Commitments

I commit myself to:

**"Develop all
my potentials"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Balance my
dominant tendencies"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Transcend my imaginary self
and go beyond ego"**

Wherever I am
with any person, and
under any circumstances.



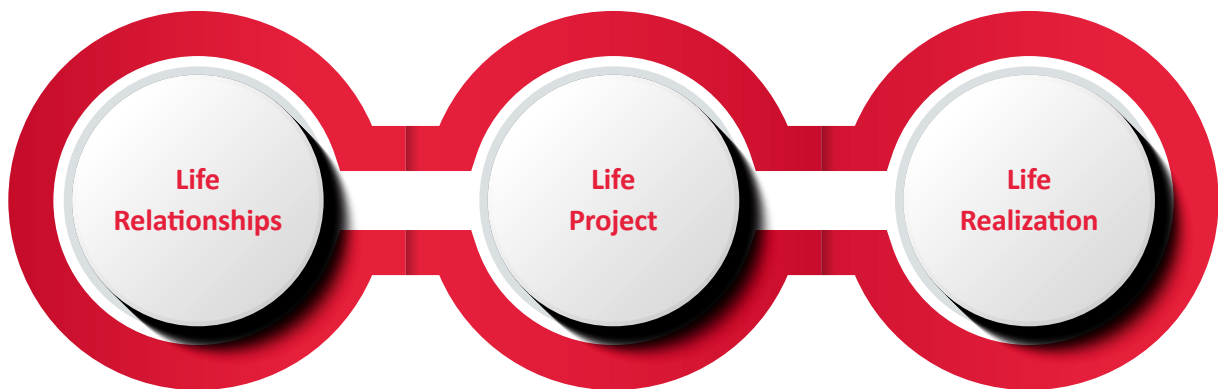
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SESSION 3

QUALITY OF LIFE

QUALITY OF LIFE

The objective of this session is to understand the meaning of life from a semiological perspective, that is, from the deep study of its true meaning. The golden guideline being the evolution of the quality of life as a natural consequence of the evolution of consciousness. In this master session 3 central themes:



1. LIFE RELATIONSHIPS

The student understands the nature of his/her relationships and consequently the nature of the quality of his/her own life. This module consists of 3 sub-modules:

- A** **Primal relationship:** The initial relationship between the individual and his/her mother. Gestation is destiny.
- B** **Relational relationship:** We explore the quality of the person's relationships with herself and with everything else: people and objects.
- C** **Significant relationship:** We study the need for “reconciliation with self biography” in order to improve the quality of relationships and life.

2. LIFE PROJECT

The student understands the nature of his/her genetic tendencies and how this impacts on his/her cosmovision of the world. This module consists of 3 sub-modules:

- A** **Fundamental longing:** We present and explore “the self”: the fundamental starting point of a solid life project.
- B** **Spheres harmony:** We explore the spheres of action of personal realization: health, family, vocation/job, and social life.
- C** **Conscious balance:** We, by deliberate conscious actions, balance the spheres of the life project.

3. LIFE REALIZATION

The student understands the nature of his/her consciousness from the current evolutionary standpoint of life: this module consists of 3 sub-modules:

- A** **Functional consciousness:** The study the seven functions of consciousness: awareness, attention, understanding, memory, desire, creativity and contemplation.
- B** **Imaginary (ego) needs:** The three needs of the ego are explored: security, variety and significance.
- C** **Soul needs:** The three needs of the soul are studied: love, growth and contribution.

SESSION 3

QUALITY OF LIFE

Conscious Objective

"To understand the relationship between quality of life and quality of consciousness"

Conscious Commitments

I commit myself to:

"Dissolve the knots of meaning in my life"

Wherever I am with any person, and under any circumstances.

I commit myself to:

"Harmonize the spheres of my life project"

Wherever I am with any person, and under any circumstances.

I commit myself to:

"Love, grow and contribute"

Wherever I am with any person, and under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 4

CRISIS MANAGEMENT

CRISIS MANAGEMENT

The objective of this session is to understand the nature of a crisis in daily life. That is, to decode the deepest meaning of them, being the golden guideline to evolve our consciousness from any crisis that may arise. In this master session 3 central themes are addressed:



1. SIGNIFICATIVE CONTEXT

The student understands the ultimate nature of a crisis and its multiple benefits for the participant. Each module consists of 3 sub-modules:

- A** **Self identity:** The three basic levels of existence are explored from the self identity perspective: biological, cultural and a conscious person.
- B** **Friction points:** The fundamental notion of a friction point is explored, as the master tool for the evolution of our consciousness.
- C** **Types of friction points:** We study the three types of friction points: problem, an issue, and a reality principle.

2. PERSONAL CRISIS

The student remembers the many crisis of his/her life and understands the many benefits and growth that came from them. We transform the attitude of survival into a new one of resilience. This module consists of 3 sub-modules:

- A** **Personal problem:** The nature of a problem is explored and the psychological posture towards it in everyday life.
- B** **Personal issue:** The nature of an issue is presented, how to solve it and the difference from a problem.
- C** **Personal principle of reality:** The nature of a reality principle is presented, and how to solve it.

3. PROFESSIONAL CRISIS

The participant understands the nature of the current crises the company faces in each of the different areas. Participants study and propose action plans to transcend them. This module consists of 3 sub-modules:

- A** **Professional problem:** The main problems they face are explored on each of the areas of the company, managing to propose practical solutions.
- B** **Professional issues:** It explores the main issues in the different areas of the company, creating also new significant resolutions.
- C** **Professional reality principles:** The main reality principles are faced under each of the areas of the company, presenting wise ways to transcend them and achieve genuine acceptance of them.

SESSION 4

CRISIS MANAGEMENT

Conscious Objective

"To understand that every crisis has the same purpose:
expand the level of consciousness"

Conscious Commitments

I commit myself to:

**"Practically resolve
problems"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Resolve significantly
all issues"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Accept genuinely
the principle of reality"**

Wherever I am
with any person, and
under any circumstances.

Conscious
Training Program
for Leaders CTP[®]

SESSION 5

ECONOMIC PRODUCTIVITY

ECONOMIC PRODUCTIVITY

The objective of this session is to understand the true nature of money. We decode the economic psychology of the individual. The golden guideline is to understand and learn how to create, treasure and multiply money, so that the person can achieve economic wealth and peace. We will address 3 central themes:



1. ECONOMIC PSYCHOLOGY

The student understands the deep origin of his/her economic attitude, noticing its functionality and dysfunctionality. This module consists of 3 sub-modules:

- A** **Exploration:** We explore the student lived, heard and felt during their childhood and adolescence about money, this is in order to understand the origin of its economic attitude.
- B** **Comprehension:** We explore the thoughts and values system and values of the student regarding money. Each participant determines the functionality / dysfunctionality of his/her economic attitude.
- C** **Transformation:** We explore the notions of price vs. value. We will understand that income is a reflection of the value added to other people's lives.

2. ECONOMIC SITUATION

The student realizes and accepts his/her current economic situation. We will avoid behaviors of denial, complaints and blaming others. this module consists of 3 sub-modules:

- A** **Net equity:** The notion of “own” is explored transforming the economic paradigm.
- B** **Net income:** The notion of active, passive income are studied. the fundamental notion of savings as an act of love and responsibility.
- C** **Real wealth:** The notion of “oxygen time” is explored, so that the student understands the path to genuine economic peace.

3. ECONOMIC STRATEGY

The student understands how to create, treasure and multiply economic wealth. This module consists of 3 sub-modules:

- A** **Creation:** The babylonian principle of “1, 2 and 7” is explored, a practice that allows the orderly management of personal finances.
- B** **Treasuring:** How to treasure money and avoid factors that destroy wealth: bad habits, bad counselors, bad relationships.
- C** **Multiplication:** The notion of “compounding” is explored, as the fundamental principle to start multiplying economic wealth.

SESSION 5

ECONOMIC PRODUCTIVITY

Conscious Objective

"To understand the true nature of money codes
to expand economic consciousness"

Conscious Commitments

I commit myself to:

"Be even more grateful
with the money that I have"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Add even more value
to lives of other people"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Create my own savings account,
treasure it and multiply it"

Wherever I am
with any person, and
under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 6

LIFE PROJECT

LIFE PROJECT

The objective of this session is to understand the transforming power of purpose in life. Being the golden guideline: to discover, assume and implement purpose in personal and professional life. In this master session 3 central themes are addressed:



1. FULFILLMENT & PERSONAL REALIZATION

The student becomes conscious of his/her inner evolutionary desires and his/her profound reasons to improve quality of life. This module consists of 3 sub-modules:

- A** **Unified longing:** The power of purpose in life and its implications in the improvement of the quality of life.
- B** **Central longing:** Objectives and personal motivations are explored under each one of the potentials.
- C** **Peripheral longing:** Personal goals and motivations are explored in each of the peripheral spheres of the life project and their implications in personal realization.

2. FULFILLMENT & TEAM REALIZATION

The student becomes conscious of the longings of the team in order to improve the quality of life. This module consists of 3 sub-modules:

- A Inspiring vision:** Cultural and strategic architecture is explored: attitude and aptitude as fundamental elements to reach altitude desired in each area.
- B Transcendental mission:** We explore many cases of transcendent missions according to the level of consciousness of the team.
- C Shared values:** Initiatives within each area are explored to create the favorable conditions for the creation and execution of the life project.

3. FULFILLMENT & DYNAMIC REALIZATION

The student becomes aware of the conscious management of the functions of your consciousness in daily life to achieve the golden guideline of fullness: "the ideal within the possible". This module consists of 3 sub-modules:

- A Functional state:** The conditions conducive to achieving a functional emotional state that allows the proper functioning of the rational potential.
- B Functional meaning:** We study the three primary functions of the consciousness: awareness, attention, understanding.
- C Functional strategy:** We study the three secondary functions of consciousness: desire, creativity and contemplation within the receptacle of meanings, memory.

SESSION 6

LIFE PROJECT

Conscious Objective

"To understand that the purpose of life is to discover, assimilate and implement a life's purpose"

Conscious Commitments

I commit myself to:

"Live with a clear sense of purpose"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Develop my own plenitude"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Reach my own realization"

Wherever I am
with any person, and
under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 7

LIFE SEASONS

LIFE SEASONS

The objective of this session is to understand the mechanisms of “consciousness evolution” in relationship to age. The golden guideline: building a life project in order to reach fulfillment and realization. In this master session 3 central themes are addressed:



1. PERSONAL CONSCIOUSNESS SEASONS

The student understands the nature of the four seasons of every life project: spring, summer, autumn and winter. This module consists of 3 sub-modules:

- A** **Personal longing:** We study the nature and the context of significance of each of the four stations of consciousness.
- B** **Personal crisis:** We study the codes and fears of each of the stations of consciousness.
- C** **Personal evolution:** We study the two ways of consciousness evolution: “assimilation of experiences” and “closing cycles”.

2. TEAM CONSCIOUSNESS EVOLUTION

The student understands the critical importance of “sense of belonging” inside the corporation. This module consists of 3 sub-modules:

- A** **Team longing:** We define the intelligent actions within each area in order to create the favorable conditions for the exercise of the vocation.
- B** **Team crisis:** Fears / attachments are explored within each area, in order to create the favorable conditions for the exercise of the vocation.
- C** **Team evolution:** The cycles to close and open on each area are explored, which are needed in order to promote conditions conducive to exercise of vocation.

3. CONSCIOUS INTERIOR MIRROR

The student makes an honest and deep examination of consciousness. He/she studies the evolution of his/her self identity and its corresponding meaning and sphere of action. This module consists of 3 sub-modules:

- A** **Past self identity:** We study the events and lessons of the past.
- B** **Current self identity:** We study the current self identity and its corresponding sphere of action.
- C** **Future self identity:** The design our future self identity and its corresponding evolutionary sphere of action.

SESSION 7

LIFE SEASONS

Conscious Objective

"To understand life seasons codes to expand self-fullness and self-fulfillment"

Conscious Commitments

I commit myself to:

"Live fully the four seasons of my life"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Transform each experience into wisdom"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Close with impeccability the cycles of my life "

Wherever I am
with any person, and
under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 8

INNER PEACE

INNER PEACE

The objective of this session is to understand the nature of “human suffering” in the whirlwind of life. Our golden guideline: living in interior peace regardless of the biggest friction points in life. This is an essential creative act that improves the quality of life and enhances economic productivity. In this master session 3 central themes are addressed:



1. SIGNIFICANT CONTEXT

The student understands the nature of his/her dominant emotions, noticing the degree of stress and suffering in daily life. this module consists of 3 sub-modules:

- A** **Personal state:** The nature of human emotion is explored. Each participant gains awareness of the quality of his/her emotions in everyday life.
- B** **Personal memory:** The structure of memory is explored, as well as its emotional responsiveness to internal / external stimuli to which it is exposed.
- C** **Personal magnetic field:** The magnetic field of emotions at the present moment gets studied. The participant learns to manage “attention” in order to manage emotion.

2. COMPULSIVE SUFFERING

The student becomes aware of his/her own level of compulsive suffering and negativity. This module it consists of 3 sub-modules:

- A** **Dysfunctional attitude:** We study the fundamental attitude of the individual towards the reality principle. this will define the degree of stress and suffering in everyday life.
- B** **Dysfunctional attention:** We study attention, dispersion and its effects, such as fantasizing, chattering and complaining, conditions that create even more suffering.
- C** **Dysfunctional behavior:** The dimension of intolerance is explored, an attitude that destroys the quality of life, human relationships and individuals economic productivity.

3. CREATIVE PEACE

The student understands the nature of inner peace, how to create it, how to sustain it and who is responsible for it. This module consists of 3 sub-modules:

- A** **Creative detachment:** The notion of degree of emotional subordination and its direct correlation with the degree of suffering.
- B** **Creative contemplation:** The process of self-observation and its stages of development in order to overcome stress and suffering.
- C** **Creative resonance:** We study how to create inner balance. How to transform negativity into positivity and how to reach deep levels of peace, clarity, and joy.

SESSION 8

INNER PEACE

Conscious Objective

"To understand how to transcend suffering, creating and sustaining inner peace, even in the face of life's greatest friction points"

Conscious Commitments

I commit myself to:

**"Be aware of the emotion
I create here and now"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Meditate twice
per day"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Inspire others by example
to meditate and live in joy"**

Wherever I am
with any person, and
under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 9

ABANDONMENT FOOTPRINT

ABANDONMENT FOOTPRINT

The objective of this session is to understand the deep origin of human suffering and the intelligent and effective way to overcome it. Our gold standard: understanding and transcending the cultural influence, configured by the abandonment footprint. This is an essential achievement to improve the quality of life and sustain economic productivity. 3 core themes are addressed in this master session.



1. PRIMARY ORIGIN

The student understands the origin and consequences in daily life of the abandonment footprint. The abandonment footprint got initiated during childbirth and it has accompanied us throughout the whirlwind of life. This module it consists of 3 sub-modules:

- A** **Significant context:** We study the implications of the abandonment footprint in the life project, and especially in the sphere of health.
- B** **Principle of pleasure:** We study the processes of conception, gestation and childbirth, three critical processes that will define the psychological nature of the individual throughout his/her life.
- C** **Principle of reality:** We study the nature of the “original loss or first loss”, a fact of enormous significance for the psychology of the individual.

2. DIACHRONIC DEVELOPMENT

The participant understands the nature and the consequences of the abandonment footprint throughout his/her life cycle: infancy, childhood, adolescence, youth, adulthood, senility. This module consists of 3 sub-modules:

- A** **Individualization process:** We study the transformation process of the self-identity throughout the life cycle of the individual.
- B** **Emotional lacking:** We study the “emotional lacking” of each participant. We humans need unconditional love. No matter how loving our parents, we always needed even more. As a consequence the individual develops dysfunctional attitudes and behaviors.
- C** **Mirror circuit:** Each participant studies his/her own biography. We study an introjection and projection of the family tree.

3. SINCHRONIC TRANSFORMATION

The student understands the process of how to transcend and overcome the abandonment footprint. This is essential for dramatically improving the quality of life, which can only be achieved through conscious deliberate actions. This module consists of 3 sub-modules:

- A** **Susceptibility deactivation:** The notion of susceptibility or "alarm" and defense trait as a reactive response mechanism of the sleeping consciousness.
- B** **Fear zone decoupling:** We study the deep origin of the fear zone, as well as the mechanism to break up the structure that supports it.
- C** **Self-identity transformation:** We design a new conscious self identity. This is a new thoughts, beliefs and values system.

SESSION 9

FOOTPRINT OF ABANDONMENT

Conscious Objective

**"To understand the greatest source of human suffering
to expand human consciousness"**

Conscious Commitments

I commit myself to:

**"Reconcile myself with
my own biography"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Recover my own
happiness cup"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Be the fountain for the 7 sources
of unconditional love"**

Wherever I am
with any person, and
under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 10

HUMAN ESSENCE CODE

HUMAN ESSENCE CODE

The objective of this session is to understand the nature of the genetic human code. This genetic code configures vocation, empathy and even sexual polarity. Our golden guideline: transcend the genetic code in order to improve the quality of life and sustain higher economic productivity. 3 topics are covered in this master session:



1. SIGNIFICANT CONTEXT

The student understands the deep interrelation between the genetic code, the cultural code (conditioned) and the life project. This module consists of 3 sub-modules:

- A** **Master scheme:** We study the genetic code and how it determines professional vocation.
- B** **Genetic code:** We study the nature of each of the five potentials. We study the strong and weak sides that come predetermined and how to enhance our life project with this knowledge.
- C** **Cultural code:** We study the cultural code which is conditioned. We study and differentiate between innate psychology and acquired psychology.

2. PHYSIOLOGICAL CONTEXT

The student understands the deep relationship of the genetic code and the characteristic features of human physiology. This module consists of 3 sub-modules:

- A** **Endocrine principles:** We study the relationship between the seven main hormonal centers that affect human behavior in everyday life.
- B** **Central hypothesis:** We study the scientific notion of cosmic influence and its relationships with each of seven major hormonal centers that affect human behavior.
- C** **Physiological description:** We study the main physiological features of each of the seven biological archetypes in the human essence code.

3. PSYCHOLOGICAL CONTEXT

The student understands the nature of the innate psychology of each of the biological actants, in response to the form of administration of their own energy. This module consists of 3 sub-modules:

- A** **Basic structure:** We study the notions of energy, polarity, vocation and dictums of each of the biological actants.
- B** **Advanced structure:** We study the notions of susceptibility, defense traits, central risks and ideal virtues for each of the actants.
- C** **Psychological description:** We study the most important psychological characteristics for each of the seven biological actants.

SESSION 10

HUMAN ESSENCE CODE

Conscious Objective

**"To understand human physiology to transcend genetic conditioning,
expanding human consciousness"**

Conscious Commitments

I commit myself to:

**"Discover, assume
and implement my vocation"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Transcend my genetic
and cultural tendencies"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Perform my improvements,
balances and complements"**

Wherever I am
with any person, and
under any circumstances.



SUPERA
CONSCIOUS MANAGEMENT

Conscious
Training Program
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SESSION 11

VOCATIONS OF LIFE

VOCATIONS OF LIFE

The objective of this session is to understand the abundance codes, in order to in order to achieve maximum personal fulfillment. Being our golden guideline: serving humanity, a loving choice of free individuals, in any of the possible life vocations: as single, as a couple or as a family. In this master session addresses 3 central themes:



1. PERSONAL REALIZATION

The student understands that genuine personal fulfillment demands conquest of individuality, the exercise of freedom, and providing unconditional love. This module consists of 3 sub-modules:

- A** **Individuality:** We study the notion of individuality and its implications in the development of consciousness and consequently in the transformation of the self identity.
- B** **Freedom:** We study the notion of psychological freedom and put the new self identity at the center of the life project.
- C** **Love:** We study real love as the ultimate force in the universe. We study love vs. attachment, and further advance the deepest reconciliation with the past.

2. VOCATIONS OF LIFE

The student understands the three possible horizons of life: to live it as a single person; to live it as a couple; and live it as a family. This module consists of 3 sub-modules:

- A** **Singleness:** The singleness vocation is decoded and its implications are analyzed in the possible variants of singleness: conditioning, vocation, principle of reality.
- B** **Couple:** The couple's vocation is decoded and its implications are analyzed in the possible variants of couples: conditioning, vocation, principle of reality.
- C** **Family:** The family vocation is decoded and its implications are analyzed in the possible family variants: conditioning, vocation, principle of reality.

3. UNIVERSAL VOCATION OF SERVICE

The student understands that service is an elevated state of consciousness. This module consists of 3 sub-modules:

- A** **Spheres of abundance:** The three spheres of abundance of every life project: being, knowing and having.
- B** **Abundance code:** The three abundance codes are explored applied to each of the three spheres of abundance: detachment, essentialization and generosity.
- C** **Maximum achievement:** The individual-community bond is explored. We define the universal vocation of service as a pivotal element to achieve maximum personal fulfillment.

SESSION 11

VOCATIONS OF LIFE

Conscious Objective

"To understand that the ultimate goal is the expansion of love,
a privilege of conscious people through free will"

Conscious Commitments

I commit myself to:

"Be a free individual
with capacity to love"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"To share what I AM,
what I KNOW, and what I HAVE"

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

"Love and
serve humanity"

Wherever I am
with any person, and
under any circumstances.



Conscious
Training Program
for Leaders CTP[®]

SESSION 12

DEATH AND LOSS

DEATH AND LOSS

The objective of this session is to understand the true nature and meaning of death and loss. Our golden guideline: to transcend the fear of death, understanding it as a fundamental experience for the development of consciousness. Death is a last frontier experience that demands the greatest detachment of all: detachment from our own body. 3 core topics are addressed in this master session:



1. SIGNIFICANT CONTEXT

The student understands that the notion of death is actually a concept conditioned by society. This module it consists of 3 sub-modules:

- A** **Cultural construct:** We study the different meanings that different cultures have given to death in history.
- B** **Personal construct:** We study our central attitude towards death. We study our own construct configured by our system of thoughts, beliefs and values.
- C** **Conscious construct:** We study consciously the deep meaning of death within the context of the life project of the individual.

2. DEATH AND LOSSES

The student understands the types of deaths and losses, as well as the need to build resilience. This module consists of 3 sub-modules:

- A** **Types of losses:** We study the three types of loss: interpersonal, material and intimate; and the different degrees of cohesion that will determine the magnitude of the loss.
- B** **Types of death:** The two types of death are explored: monitored and not monitored. We study our conscious attitude towards both types of death.
- C** **Personal resilience:** We study the fundamental differences between survival vs. resilience.

3. MOURNING PROCESS

The student understands the difference between the “classic mourning process” and the “ideal mourning process”. This module consists of 3 sub-modules:

- A** **Onboarding process:** We study the three phases of the “mourning process”: detection, diagnosis and implementation.
- B** **Ideal mourning process:** We study the five phases of every “ideal mourning process”. This allow us to resiliently reinvent our self identity and our life project.
- C** **Final reflection:** A deep reflection is made about the simultaneous cosmic processes of creation and destruction. We grow to genuinely accept death with a maximum level of consciousness.

SESSION 12

DEATH AND LOSS

Conscious Objective

"To understand death and losses as ultimate border experiences that help human consciousness expansion"

Conscious Commitments

I commit myself to:

**"Live every day as it were
the last day of my life"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"Develop my
personal resilience"**

Wherever I am
with any person, and
under any circumstances.

I commit myself to:

**"To love unconditionally
and forgive radically"**

Wherever I am
with any person, and
under any circumstances.

QUESTIONS & ANSWERS



P. Why do CTP® sessions have to last 8 hours?

R. We can deliver all sessions on-line, or in person when the covid-19 vaccine is ready.

P. Do the 12 CTP® sessions necessarily have to be taken?

R. We recommend the 12 Sessions of the conscious training program because:

- a) Consciousness develops slowly, it needs synthesis, repetition and reinforcement.
- b) The 12 sessions are like pieces of a great puzzle for personal development.
- c) The program grows exponentially as the sessions progress. However, each session has been designed to be understood and assimilated individually, and eventually SUPERA World® could offer any of the 12 sessions of the program of conscious training individually.

QUESTIONS & ANSWERS



P. Are the conscious training programs the same for all levels of the organization?

R. We have designed 3 types of Conscious Training Programs according to the profile of the participant:

- a) CTP® for strategic leaders: 18 sessions: 12 personal development + 06 business development
- b) CTP® for tactical facilitators: 12 sessions: 12 personal development
- c) CTP® for operational workforce: 03 sessions: 03 personal development

P. Are the same facilitators who provide the CTP® for the different profiles of participants?

R. We distribute our team of facilitators according to the profile of the participant but always with the same golden guideline: “achieve maximum participant satisfaction”.



CONSCIOUS TRAINING

PURPOSE

Level of Consciousness
Expansion

LEGACY

Quality of Life
Expansion

PROFITABILITY

Economic Productivity
Expansion

