



**THE ELEVEN PRINCIPLES OF TRANSFORMATION™  
A Unique Transformational System Created by Ligia M. Houben**

**THE ELEVEN PRINCIPLES OF TRANSFORMATION™  
LEVEL I**

This is the foundation of this unique system of transformation. This two-day seminar introduces Ligia Houben's methodology on how to transform losses or transitions through growth and personal development.

**In THE ELEVEN PRINCIPLES OF TRANSFORMATION™ LEVEL I you'll discover:**

1. How past and present losses can interfere with the quality of your life, and how you can process them to regain control of your life.
2. How to find balance in all dimensions of your life: physical, social, spiritual, and emotional.
3. How to respond to difficult situations or events instead of reacting.
4. How you can incorporate the powerful tool of gratitude, despite any crisis, and be happier.
5. How to appreciate the present moment and build a secure foundation of empowering affirmations that can help you create the life you want.
6. How to apply visualization and meditation techniques to find peace and joy again.

And much more!

**Didactic:**

The participant learns about The Eleven Principles of Transformation™ through interesting lectures, group activities, sharing, role playing, meditation, visualization, exercises/building, and rituals. This two-day seminar provides you with the tools you need to bounce back from any loss, past or present, and even teaches you how to prepare to handle future losses! It is a prerequisite to continuing your education to become a certified trainer, group facilitator, or consultant in this methodology.

**The Seminar includes:**

Book: *Transform Your Loss: Your Guide to Strength and Hope*

Workbook

Material for activities

This seminar can be customized to the particular needs of a company or organization, and can address any kind of transition or loss.

**THE ELEVEN PRINCIPLES OF TRANSFORMATION™:  
CIRCLES OF MEANING AND TRANSFORMATION™  
FACILITATOR CERTIFICATION PROGRAM**

In this two-day seminar the participants will gain knowledge on how to facilitate support groups which apply The Eleven Principles of Transformation™. It will expand the skills acquired in the Level I seminar, such as active listening, grief dimensions and expressions, empowerment, and transformation. A training manual will be provided with ideas on how to form support groups, elicit participation, and establish common and individual objectives.

**Didactic**

This is a two-day seminar with a format that is fully practicum. Role play will be a vital aspect of this training. The participants will have the opportunity to show their skills as facilitators in various activities. When the participant leaves this seminar s/he will have the necessary tools to facilitate support groups using The Eleven Principles of Transformation™. Class size is limited to 12-16 individuals. Upon successful completion of the seminar, certification will be provided by Ligia M. Houben, My Meaningful Life, LLC. You will be given a license (which will be signed in an agreement) to become a facilitator of support groups (you choose your niche) applying The Eleven Principles of Transformation™.

**Course prerequisite:** The Eleven Principles of Transformation™: Level I.

The seminar participant is expected to have processed their own loss or transition through the exercises and activities of the introductory level seminar. They will have a thorough understanding of the philosophy of this system of transformation through group activities.

**Material included:**

Manual: The Eleven Principles of Transformation—Facilitator of Circles of Meaning and Transformation™

## **THE ELEVEN PRINCIPLES OF TRANSFORMATION™: TRAIN THE TRAINER TRAINER CERTIFICATION PROGRAM**

Being a trainer using this system can be a fulfilling experience. You can be an agent of transformation as you help others in their growing process. This seminar provides the knowledge and experience you need to become a transformational trainer. The Eleven Principles of Transformation: Train the Trainer™ certification program will provide you with the necessary tools to deliver your own seminar, including marketing and logistic strategies. You will be amazed at how you can acquire so much information in just three days!

These are just some of the things you will learn:

- How to integrate NLP principles in your seminar
- Engaging communication and participation among the attendees
- Overcoming fear as a public speaker
- Managing your time as trainer

And much more!

This system will change your life and the lives of others at all levels: physically, spiritually, emotionally and socially.

### **Didactic:**

This three-day seminar is fully hands-on. The participant will learn through practice how to conduct a seminar, apply each principle, and even integrate meditation as part of the curriculum.

Class size is limited to 12-16 individuals. The participants will complete an exam showing their understanding of the training. Certification will then be provided by Ligia M. Houben, My Meaningful Life, LLC. Successful completion of this seminar will give you a license (which will be signed in an agreement) to lead the seminar yourself and help others transform their losses applying The Eleven Principles of Transformation™.

**Course prerequisite:** The Eleven Principles of Transformation: Introduction™.

The seminar participant is expected to have processed their own loss or transition through the exercises and activities of the Level I seminar. They will have a thorough understanding of the philosophy of this system of transformation through group activities.

### **Material included:**

Power Point Presentation with notes.

Manual: The Eleven Principles of Transformation™—Train the Trainer

**All three seminars of the THE ELEVEN PRINCIPLES OF TRANSFORMATION™ system are available in either English or Spanish.**

**This system of transformation is also offered as group coaching**