



PERSONAL TRAINING & CERTIFICATION *Powered by The 7 Anchors*

A Guided Personal Growth Journey for Individuals Advancing Through The
7 Anchors of Emotional Intelligence™ Training

Acquire the emotional intelligence mastery needed to lead yourself with clarity, confidence, and inner steadiness. Completing this certification signifies your ability to cultivate resilience, deepen connection, and create a life rooted in emotional honesty.

WHAT IS THE SEVEN ANCHORS OF EMOTIONAL INTELLIGENCE™ TRAINING & CERTIFICATION PROGRAM?








The TrueEQ™ Personal Training Path provides a clear, evidence-based roadmap for developing emotional intelligence from the inside out. Each milestone reflects meaningful personal growth. From awareness to application to embodied mastery, ensuring emotional intelligence becomes not just a skill you learn, but a way of living with clarity and confidence.

The TrueEQ™ Personal Training Path includes two progressive levels: *Certified 7 Anchors Practitioner™* and *Certified 7 Anchors Leader™*. Each level represents deeper personal integration of the Anchors, strengthening your ability to lead yourself, navigate relationships, and create meaningful impact in every area of your life.



PROGRAM OBJECTIVES

After completing this program, you will gain:

-  A deeper understanding of your emotional patterns and how they were shaped.
-  The ability to identify unhealthy dynamics and protect your emotional boundaries.
-  Tools to regulate your emotions and reduce reactivity in any situation.
-  Greater resilience and a stronger sense of personal identity and sovereignty.
-  Confidence in communicating your needs, truth, and boundaries with compassion.
-  Insight into how societal systems influence your emotional habits and responses.
-  A personal framework for living with emotional honesty and meaningful connection.

WHO IS IT FOR?

Unlike surface-level self-help or traditional EQ courses, The 7 Anchors Training is designed for individuals seeking deep emotional clarity, inner steadiness, and meaningful transformation. It's for people who want to understand themselves on a deeper level, break unhealthy patterns, communicate with confidence, and build relationships rooted in honesty and connection. Whether you're navigating major life transitions, healing from past experiences, or simply ready to grow into a more grounded, resilient version of yourself, this journey equips you with the tools to lead your life with emotional clarity and strength.

WHAT IT IS



WHAT IT ISN'T



THIS PROGRAM IS IDEAL FOR:

- Individuals seeking deeper emotional clarity and the ability to understand their own patterns, triggers, and responses.
- People who want to break cycles of unhealthy Relationships, people pleasing, or emotional manipulation.
- Emerging and established leaders who want to show up with calm, integrity, and grounded presence in all areas of their life.
- Individuals navigating major life transitions who want stability, self-trust, and inner steadiness.



This work empowers you to reclaim your voice, trust your inner compass, and move through life with grounded emotional freedom.”

WHY ENROLL IN THE PROGRAM?



Develop deep emotional clarity so you can understand your patterns, choices, and reactions with honesty and compassion.



Build resilience and confidence that carry you through conflict, uncertainty, and difficult conversations without losing yourself.



Strengthen your inner steadiness by reducing reactivity and learning to respond from grounded awareness instead of old wounds.



Heal relational patterns by setting healthy boundaries, improving communication, and choosing connections rooted in authenticity.



Align your actions, values, and emotional truth so you can live with greater integrity and self-trust.



Break cycles of burnout, people-pleasing, or self-silencing by developing emotional habits that support balance, clarity, and personal empowerment.

PROGRAM PROCESS

Across ~12–16 weeks, you'll move through a transformational process designed to deepen self-awareness, strengthen your emotional foundation, and help you live with greater honesty and personal freedom. Each of The 7 Anchors of Emotional Intelligence™ becomes an opportunity to understand yourself more clearly and show up with resilience, clarity, and intention.



1-on-1 Sessions



Self Assessments



Discussions



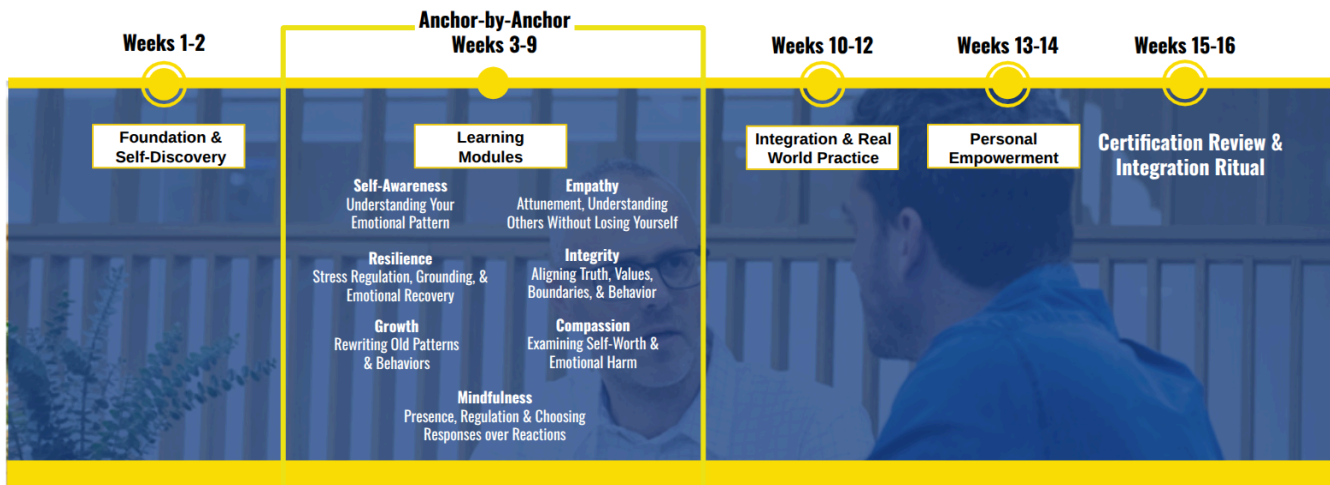
Practice



EQ Action Plan



Integration Labs



WEEKLY LEARNING & APPLICATION

Guided lessons, reflections, and exercises help you build emotional clarity and strengthen your capacity for grounded, steady self-leadership—one week at a time.



PRIVATE INTEGRATION SESSIONS

One-on-one conversations offer personalized guidance, trauma-informed support, and space to explore deeper patterns without judgment.



REAL-LIFE APPLICATION & MICRO CHALLENGES

Each week you'll apply new insights in your actual relationships, boundaries, decisions, and daily interactions, turning awareness into real behavioral change.



EMOTIONAL MASTERY CHECKPOINTS

Every few weeks you'll complete short reflective assessments to track growth, deepen self-awareness, and reinforce learning as you progress through the journey.



TRAINING CURRICULUM: MODULE OVERVIEW

Weeks 1-2

Identify your emotional patterns, stress triggers, and core conditioning through assessments and guided reflection.

→ **Outcome: A clear understanding of where you are emotionally and where you want to grow.**

Weeks 3-6

Learn and apply the first four anchors—Self-Awareness, Empathy, Resilience, and Integrity—through weekly lessons and 1:1 integration sessions.

→ **Outcome: Increased emotional clarity, reduced reactivity, and improved ability to set healthy boundaries.**

Weeks 7-10

Explore Growth, Compassion, and Mindfulness with real-life application focused on healing patterns, strengthening confidence, and improving communication.

→ **Outcome: Greater emotional steadiness, stronger relationships, and a more grounded sense of self.**

Weeks 11-12

Synthesize all 7 Anchors through targeted self-reflection, micro-challenges, and personalized guidance to reinforce lasting change.

→ **Outcome: Clear evidence of behavioral shifts, increased resilience, and a more aligned emotional identity.**

Weeks 13-16

Continue practicing the anchors with additional coaching and advanced application for those who need more time or deeper work.

→ **Outcome: Long-term reinforcement and deeper emotional mastery.**



WHAT'S NEXT?

Upon completion, you will earn your **Personal Certification in The 7 Anchors of Emotional Intelligence™**, acknowledging your deep inner work and mastery of the core principles. You'll retain access to guided exercises, reflection tools, and integration practices to continue strengthening your emotional clarity and resilience.

Graduates are also invited into the TrueEQ Personal Growth Community, a private space for continued learning, connection, and support. Optional advanced workshops, live Q&A sessions, and ongoing resources help you maintain momentum and keep growing long after the program ends.

WHAT'S THE COST?

Program investment varies by certification level:

Level 1: Certified 7 Anchors Practitioner™ — starting at **\$2,500**

Level 2: Certified 7 Anchors Leader™ — starting at **\$3,500**