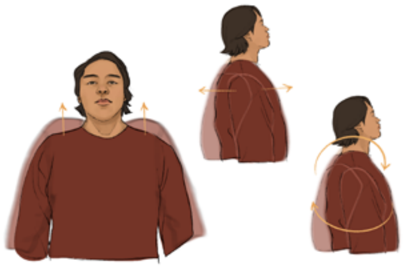
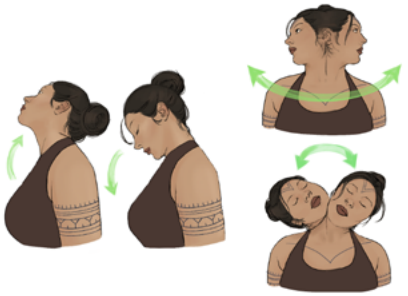
15-Minute Transformative Life/Leadership Skills (TLS) Protocol

	ᓂᒪᕐᓂᖅ	ᐊᓂᕐᑎᓇᓂᖅ	ᐱᕙᓪᓖᕐᖁᑎᖕᒥᑦ
	ᓈᕐᒥᒍᑦ ᐊᓂᕐᑎᓇᓂᖅ: ᓯᑦᑐᖅᓯᑦᓯᐊᑎᓗᒍ ᑯᕗᐱᒡᑦ, ᓴᓐᕖᑦ ᐊᒻᒪᒪᑎᑦᓯᐊᓗᒍ ᐃᒌᒃᑭᓗ ᓯᑯᖕᖏᑎᓪᓗᒋᒃ (ᐃᓱᕐᓇᑯᕕᑦ). ᐊᒡᓖᑭᒃ ᓈᕐᓅᓗᒋᒃ, ᐃᓗᒻᒧᑦ ᐊᓂᕐᑎᓇᓕᕈᕕᑦ ᓈᑦ ᐊᒡᓚᑎᙳᑦ ᐱᖑᔪᕐᓗᒍ ᐊᓂᕐᓃᔭᓕᕈᕕᓪᓗ ᓈᑦ ᐊᒧᐊᓗᒍ.	ᓇᒃ ᐳᕕᓲᖅ ᐃᓗᒻᒧᑦ ᐊᓂᕐᑎᓇᕙᕐᑲᓕᕐᒥ, ᐳᓪᓗᔭᕐᓯᓂ ᐊᓂᕐᓃᔭᕐᑐᖅᑲᓕᕐᒥ. ᐊᓂᕐᑎᓇᐅᒪᕐᓗᑎᒃ 2ᓂᒃ ᒥᓂᑦᓯᓂᒃ. ᐊᓂᕐᑎᓇᐅᒪᑦᓯᐊᓗᑎᑦ ᓱᑲᖕᖏᑐᒥᓗ	ᓄᓪᓚᓇᕐᑐᖅ, ᕿᑦᑌᓇᕐᑑᓯᓂᓗ ᑎᒥᒻᒧᑦ. ᑎᒥᑦᑎᓂᒃ ᖃᓄᐃᑦᓴᓕᕐᒪᖔᑕ ᑐᑭᓰᕙᓕᕐᑐᖅ ᐊᓂᕐᑎᓇᒍᓯᑦᑎᓂᓗ ᑐᑭᓰᕙᓕᕐᓯᓂᓗ. ᐃᑯᓪᓚᑎᒍᑎᐅᑦᓯᓂ ᐊᑦᓯᑭᐊᓪᓚᑭᑎᑦᑎᓂᒃ ᐱᒥᐊᕐᑎᑕᐅᓂᖕᒥᓐᓄᑦ ᑎᒥᑦᑕ ᐃᑉᐱᓂᐊᓂᖅᑲᓇᐅᑎᖕᒥᓂᒃ.
	ᒪᑭᑎᑉᐱᑦ ᖁᓛᖅᓯᓂᒃ ᐃᖁᑕᕐᑎᓯᓂᖅ (12X ᐊᑐᓂᑦ ᓴᓂᕿᒃᑭᒃ) ᐊᓪᓚᑎᒃ ᓂᐊᖁᕐᐱᑦ ᑐᓄᓯᖅᓯᓃᑦᑎᓗᒥᒃ , ᐃᑯᓲᒃᑭᒃ ᓴᓂᖃᖅᓯᑯᑦᓯᐊᓃᑦᑎᓗᒥᒃ. ᒪᑭᑎᑎᒍᑦ ᐃᖁᑕᓗᕿᓯᓗᑎᑦ. ᖁᒻᒧᑦ ᑭᒻᒥᓃᕕᑦ ᑮᕓᑲᑕᓯᓗᑎᒃ ᐃᖁᑕᕐᓂᐱᑦ ᐃᓪᓗᐊᖅᓯᑎᒍᑦ.	ᐊᓂᕐᓃᔭᑲᓪᓚᓗᑎᑦ ᐃᖁᑕᕐᓂᓂ (ᐊᓂᕐᓂᑲᓪᓚᓗᐊᕐᒥᒃ). ᐊᓂᕐᑎᓇᓗᑎᒃ ᐃᓗᒻᒧᑦ ᓯᑦᑐᖅᓯᑦᓯᐊᑎᓕᕈᕕᐅᒃ ᑎᒦᑦ ᓄᖅᑲᒍᑎᒥᓇᒍᓗ..	ᑯᔭᐱᓚᑦᑕ ᓂᒪᒍᓐᓇᓂᖅᓯᓂᒃ ᐱᐅᓯᕙᒥᓲᖅ; ᓂᓇᓚᑦᓴᑖᕐᕙᒥᑎᑦᓯᒥᒃ ᑯᔭᐱᒋᑦ ᐃᑭᐊᖅᓯᓃᑦᑐᓂᒃ ᓇᑕᕐᖁᓚᑦᑕᓚᓐᓂᒃ. ᓴᓗᒻᒪᓴᕐᕙᒥᑎᑦᓯᓲᖅ. ᐊᓂᕐᓇᑦᓯᐊᕙᒥᑎᑦᓯᓲᖅ. ᖃᓱᓴᓲᑦ ᓄᑭᑦᑕᖅᒥᓐᓂᒃ (ᑐᓚᒦᑦ ᐊᑯᓐᓂᖅᓯᓃᑦᑐᓂᒃ ᓄᑭᓂᒃ). ᕿᑦᑌᕙᒥᓇᕐᑐᖅ.
	**ᑐᐃᓂᒃ ᓂᒪᕐᑎᓯᓃᑦ** (3-5X ᐊᑐᓂᑦ ᓂᒪᕐᕕᐅᓂᐊᕐᑐᐃᑦ) ᖁᒻᒧᑦ/ᑕᐅᓄᖕᖏᓗ ᐊᓪᓚᑎᒃ ᑎᒍᒥᐊᕈᑎᑎᓪᓗᒥᒃ ᓯᕗᕿᕐᓃᕕᑦ . 2) ᓯᕗᒧᑦ/ᐅᑎᒨᓗ ᐊᓪᓚᑎᒃ ᑎᒍᒥᐊᕈᑎᑎᓪᓗᒥᒃ ᑐᓄᓐᓃᕕᑦ . 3) ᑫᕙᑦᑎᓗᒥᑦ ᑕᓕᑎᑦ ᓯᓂᕿᕐᓃᕕᓪᓗᑎᒃ, ᑭᖑᒧᑦ ᑫᕙᑎᓯᒻᒥᓗᒥᑦ.	1) ᐊᓂᕐᑎᓇᓗᑎᒃ ᐃᓗᒻᒧᑦ ᑐᐃᑎᑦ ᖁᒻᒧᐊᖅᓯᑎᓪᓗᒥᒃ ᐊᓂᕐᓃᔭᕐᓗᑎᒃ ᑐᐃᑎᑦ ᐃᓂᒻᒥᓃᓕᕐᐸᑕ. 2) ᐊᓂᕐᑎᓇᓗᑎᑦ ᓴᓐᕖᑦ ᐊᒻᒪᑎᓗᒍ. ᐊᓂᕐᓃᔭᕐᓗᑎᑦ ᓯᑦᑐᑎᓪᓗᒍ ᑐᓄᐃᑦ/ᓴᓐᕖᓗ ᐳᓪᓗᓕᕐᐸᑦ. 3) ᐊᓂᕐᑎᓇᓗᑎᒃ ᐃᓗᒻᒧᑦ ᑐᐃᑎᑦ ᖁᒻᒧᐊᒪᑎᑕᐅᓕᕐᒥᐸᑕ, ᐊᓂᕐᓃᔭᕐᓗᑎᑦ ᑐᐃᑎᑦ ᓯᕗᒧᐊᕐᑎᑕᐅᓕᕐᐸᑕ/ᐃᓂᒥᓃᓕᕐᒥᐸᑕ.	ᓯᑦᑐᐃᒥᐊᓇᓲᖅ ᖁᓃᓐᓂ, ᓱᒃᓚᓕᕐᓯᒪᕙᒥᓗ ᐃᑯᓪᓚᑎᑦᓯᓲᖅ ᐊᒻᒉᕙᒥᓲᖅ ᓴᓐᕕᓂᒃ, ᐊᓂᕐᓇᑦᓯᐊᓂᕐᓴᐅᕙᒥᑎᑦᓯᓯᓂ. ᑲᑕᒃᓚᓂᐅᒍᓐᓇᑐᒥ ᐃᑯᓪᓚᑎᑦᓯᓲᖅ ᐃᑉᐱᓂᐊᕈᓐᓇᓚᕐᑭᑎᑦᓯᓲᒍᑦᓯᓂ.
	**ᖁᖓᓯᕐᒥᒃ ᓂᒪᑦᑎᓯᓂᖅ** (3-5X ᐊᑐᓂᑦ ᓂᒪᕐᕕᐅᓂᐊᕐᑐᐃᑦ) 1) ᐊᐅᓚᑎᓗᒍ ᖁᖓᓯᖅ ᓯᕗᒧᑦ ᑕᐅᖑᖕᖏᓗᑦᓯᒧᑦ ᑐᓄᐊᒍᓗ 2) ᑕᓪᓗᐃᑦ ᐅᑎᕐᑕᑎᓗᒍ ᓯᐅᒥᕐᒧᑦ ᑕᓕᕐᐱᒧᓗ 3) ᓯᐅᑏᒃᑭᑦ ᐊᑐᓂᒃ ᓇᓪᓚᒃᑎᓗᒥᒃ ᑐᐃᑎᓐᓄᒥᐊᕐᑕᓗᒥᒃ	1) ᐊᓂᕐᑎᓇᓗᑎᒃ ᐃᓗᒻᒧᑦ ᐊᐅᓚᑎᓕᕈᕕᐅᒃ ᖁᖓᓯᕐᓂ ᑐᓄᐊᓄᑦ ᐊᓂᕐᓃᔭᕐᓗᑎᑦ ᑕᓪᓗᐃᑦ ᓴᓐᕕᓅᒥᐊᓕᕈᕕᐅᑉ. 2) ᐊᓂᕐᑎᓇᓗᑎᑦ ᐃᓗᒻᒧᑦ ᕿᑎᐊᓃᓕᕈᕕᑦ. ᐊᓂᕐᓃᔭᕐᑎᓗᑎᑦ ᓴᓂᕿᕐᔫᓕᕈᕕᑦ. 3) ᐊᓂᕐᑎᓇᓗᑎᑦ ᐃᓗᒻᒧᑦ ᕿᑎᐊᓃᓕᕈᕕᑦ. ᐊᓂᕐᓃᔭᕐᑎᓗᑎᑦ ᓯᐅᑏᑦ ᑐᐃᓅᕕᓕᐊᒥᐊᕐᑎᓗᕈᕕᒃ	ᖁᖓᓯᕐᓃᕕᑦ ᐃᖃᕐᕐᒥᓂᕐᓴᐅᑎᑦᓯᓲᖅ, ᕿᑐᓚᒪᕙᒥᒃ ᖁᖓᓯᕐᓂᒃ ᐃᑯᓪᓚᑎᑦᓯᓲᖅ. ᐃᑲᕙᕐᓯᓂᖃᕐᓯᓂ ᑎᒥᒻᒥᒃ ᑐᑭᓯᒪᓂᕐᒧᑦ, ᖃᐅᔨᒪᑦᓯᕙᒥᓂᕐᒧᑦ. ᐊᐅᒃ ᖃᓇᑕᐅᔭᓕᐊᕐᑕᓂᖅᒪᑦ ᐃᑲᕙᕐᓯᔭᐅᓲᒍᒻᒥᕙᖅ.

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15-Minute Transformative Life/Leadership Skills (TLS) Protocol

	ᓂᒪᕐᓂᖅ	ᐊᓂᕐᑎᓇᓂᖅ	ᐱᕙᓪᓖᖁᑎᖕᒋᑦ
	ᓂᑯᕿᓱᓂ ᓴᓂᕿᕐᒥᓄᑦ ᓯᑦᑐᑲᑕᓐᓂᖅ (3-5X ᐊᑐᓂᑦ ᓂᒪᕐᕕᐅᓂᐊᕐᑐᐃᑦ) ᐱᒋᐊᕐᕕᖃᕐᓗᑎᑦ ᓂᑯᕿᓯᐊᑐᐃᓐᓇᓗᑎᑦ. ᑕᓖᒃᑭᒃ ᖁᒻᒧᐊᑎᓗᒋᒃ, ᑯᔭᐱᒉᑦ ᐊᑦᓱᕈᕐᑎᒍᓐᓇᓗᒍ. ᐊᑕᐅᓯᖅ ᑕᓖᑦ ᑲᑕᑦᑎᓗᒍ. ᑲᑕᒪᔫᑉ ᑕᓕᐅᑉ ᒥᑦᓯᖕᒐᓅᒥᐊᓯᓗᑎᑦ. ᐱᕕᓕᒫᑎᒍᑦ ᓯᑦᑐᒪᒐᓗᐊᕐᓗᑎᑦ ᐊᒡᒐᐱᑦ ᐳᑦᔪᖕᒐᓂᒃ ᑭᒻᒥᓄᑦ. ᓂᐊᖁᐃᓪᓗ ᖁᖕᒐᔩᓪᓗ ᕿᓗᕐᕿᑎᒪᒍᓐᓇᓗᒋᑦ.	ᐊᓂᕐᑎᓇᓗᑎᑦ ᐃᓗᒻᒧᑦ ᑕᓕᒃᑭᑦ ᖁᒻᒧᐊᒪᑎᓪᓗᒋᒃ. ᐊᓂᕐᓃᔭᕐᓗᑎᑦ ᑎᑮᑦ ᐁᑉᐹᓄᑦ ᓴᓂᕿᕐᐱᑦ ᐊᐅᓚᑎᓕᕈᕕᐅᒃ. ᐊᓂᕐᑎᓇᓯᒻᒥᓗᑎᑦ ᐃᓗᒻᒧᑦ ᐅᑎᕈᕕᒃ ᓂᑯᕿᑐᐃᓐᓇᓂᓇᔭᕐᓂᒃ. ᐊᓂᕐᓃᔭᓯᒻᒥᓗᑎᑦ ᐁᑉᐹᓄᑦ ᓴᓂᕿᕐᓄᑦ ᐊᐅᓚᓚᕈᕕᑦ. ᐊᓂᕐᑎᓇᓯᒻᒥᓗᑎᑦ ᐅᑎᕈᕕᒃ ᓂᑯᕿᑐᐃᓐᓇᓂᓇᔭᕐᓄᑦ.	ᓯᑦᑐᐃᔫᒥᔪᖅ ᑯᔭᐱᓚᕐᓂᒃ ᓄᑭᖕᒥᓐᓂᓗ ᓯᓂᕿᒃᑯᑦ. ᐊᓂᕐᑎᓇᑦᓯᐊᔫᒥᑎᑦᓯᔫᖅ. ᐃᑯᓪᓚᑎᑦᓯᔫᖅ ᕿᓗᕐᕿᖕᒐᓂᕐᒥᒃ. ᐱᐅᔪᖅ ᑎᒥᑦᑎᓄᑦ. (ᕿᓂᕐᓯᑲᓪᓚᒃ, ᑎᖕᒍᒃ....)
	ᑲᔪᓯᐅᒐᑦᓯᐊᑐᒥᒃ ᐊᓂᕐᓂᑎᓂᖅ ᓂᑯᕿᓂᑎᒍᑦ (8X)ᓂᑯᕿᓗᑎᑦ ᐃᑎᒑᒃᑭᒃ ᐊᓪᓖᖕᒐᓂᕐᓴᐅᑎᓪᓗᒋᒃ ᒪᑭᑎᓐᓂ. ᐃᑎᒐᑎᒃ ᑲᑎᑎᓪᓗᒋᒃ ᓴᕝᕕᓃᕖᑦᑎᓗᒋᒃ. ᑕᓖᒃᑭᒃ ᖁᒻᒧᐊᑎᓯᓗᒋᒃ ᐅᑎᒍᓗ, ᓴᕝᕖᑦ ᐊᒻᒪᑎᓪᓗᒍ, ᐊᒡᒐᑎᒃ ᐅᑎᕐᑎᓯᒻᒥᓗᒋᒃ ᓴᕝᕕᓄᑦ. ᑭᓯᑦᓯᓗᑎᑦ ᓯᑕᒪᒧᑦ ᐊᓂᕐᑎᓇᓂᕐᓂ ᐃᓗᒻᒧᑦ, ᑭᓯᑦᓯᓗᑎᑦ ᓯᑕᒪᐅᔪᕐᑐᒧᑦ ᐊᓂᕐᓃᔭᓕᕈᕕᑦ.	ᑎᒥᑉᐱᑦ ᓯᓚᑎᖕᒐᓃᓕᕈᕕᒃᑭᑦ ᑕᓕᑎᑦ ᐊᓂᕐᑎᓇᓗᑎᑦ ᐃᓗᒻᒧᑦ ᑭᓯᑦᓯᓗᑎᑦ ᓯᑕᒪᓄᑦ - ᓴᕝᕖᑦ ᐊᒻᒪᑎᓗᒍ- ᑲᑎᑎᒥᐊᓪᓚᓯᓪᓗᒋᑦ ᐊᒡᒐᑎᒃ ᐊᓂᕐᓃᔭᓕᕈᕕᑦ (ᑭᓯᑦᓯᓗᑎᑦ ᓯᑕᒪᐅᔪᕐᑐᒧᑦ). 4:8 ᑭᓯᑦᓯᑕᕐᓂᖅ ᐃᒻᒥᒍᑦ ᓱᑲᓂᖃᒥᐊᓕᒃ ᐊᑦᓱᕈᐊᓪᓚᕈᑎᐅᖕᖕᒋᓗᓂ..	ᐊᓂᕐᑎᓇᑦᓯᐊᓂᖃᑦᓯᐊᔫᒥᑎᑦᓯᔫᖅ; ᓄᓪᓚᖕᒐᓇᕐᑐᖅ, ᕿᑦᑫᓇᕐᑐᖅ. ᐃᑯᓪᓚᒐᓱᐊᕈᑎᑦᓴᓯᐊᖅ ᑭᑦᓴᑐᖃᓕᕐᒥ. ᐱᒋᐊᕐᑎᑕᐅᓂᖕᒋᓐᓄᑦ ᑎᒥᑦᑕ ᐃᑉᐱᓂᐊᓂᖃᓕᓇᐅᑎᖕᒋᓐᓂᒃ (ᓄᓪᓚᔫᒥᑎᑦᓯᓂᑎᒍᑦ). ᐃᑯᓪᓚᑎᑦᓯᔫᖅ ᑲᒡᒐᒍᑎᐅᒪᑦᔪᑎᐅᔪᓂᒃ.
	ᐃᑦᓯᕋᑦᓱᓂ ᓈᖅ/ ᐊᓂᕐᑎᓇᐅᒐᑦᓯᐊᓂᖅ ᓄᓪᓚᒐᐅᒐᕐᑎᓯᓂᕐᓗ ᑎᒥᒻᒥᒃ ᐃᓱᒪᒻᒥᓗ ᐃᑦᓯᕋᓗᑎᑦ ᑯᔭᐱᒐᑎᑦ ᓯᑦᑐᖕᒐᑦᓯᐊᑎᓪᓗᒋᑦ, ᑐᐃᑎᓗ ᑮᓇᓪᓗ ᕿᓗᕐᕿᖕᒐᑎᒍᓐᓇᓗᒋᑦ. ᐊᒡᒐᑎᒃ ᓈᕐᓅᓗᒋᒃ ᐊᓂᕐᑎᓇᓯᓗᑎᑦ ᐃᓗᒻᒧᑦ. ᐊᓂᕐᑎᓇᓂᕐᓂ ᑭᓯᑦᓯᓗᑎᒃ ᓯᑕᒪᓄᑦ ᐊᓂᕐᓃᔭᓕᕈᕕᓗ ᑭᓯᑦᓯᓗᑎᑦ ᓯᑕᒪᐅᔪᕐᑐᒧᑦ ᐃᓱᐊᓇᔭᕐᑎᒍᑦ ᐊᓂᕐᑎᓇᐅᒐᕐᓗᑎᑦ.	ᓈᑦ ᐳᕕᖃᑦᑕᓗᓂ ᐊᓂᕐᑎᓇᒥᐊᑕᒫᑦ ᐃᓗᒻᒧᑦ ᐳᓪᓗᔮᖃᑦᑕᓗᓂ ᐊᓂᕐᓃᔭᕐᓂᑕᒫᑦ. **ᐊᓂᕐᑎᓇᒍᓯᓇᓲᓐᓄᑦ ᐅᑎᕐᓗᑎᑦ ᐊᑕᐅᓯᕐᒥ ᒥᓂᑦᑕᒥ ᐃᑉᐱᒋᔭᒐᖃᓯᓗᑎᑦ ᖃᓄᖅ ᐊᓂᕐᑎᓇᒍᓯᖃᕐᒪᖕᒑᕐᐱᑦ ᖃᓄᕐᓗ ᐃᑉᐱᐊᓂᖃᑦᓴᓕᕐᒪᖕᒑᕐᐱᑦ. ᓈᓚᒥᐅᕐᓴᓗᑎᑦ ᐱᐅᖕᖕᒋᑐᓂᒃ ᐃᓱᒪᓂᖃᕐᑫᓕᓪᓗᑎᓗ. ᐃᑉᐱᒋᔭᒐᖃᕐᓗᑎᒃ ᖃᓄᖅ ᐃᑉᐱᓂᐊᕐᓂᖃᑦᓴᒪᖕᒑᕐᐱᑦ ᐊᓂᕐᑎᓂᓇᓂᕐᓄᑦ	ᐃᑉᐱᓂᐊᕈᓯᒥᔭᕐᓃᕖᖅ ᐃᑉᐱᒍᓱᑦᓯᐊᔫᒥᑎᑦᓯᔫᖅ. ᓄᓪᓚᖕᒐᓇᕐᑐᖅ ᑎᒥᑎᒍᑦ ᐊᑕᐅᓯᖕᖕᒍᔫᒥᓇᕐᑐᖅ ᐃᑯᓪᓚᑎᑦᓯᓂᖃᔫᖅ ᐊᑦᓱᕈᐊᓪᓚᓂᐅᔪᓂᒃ ᓴᖕᒍᐊᖕᖕᒋᓂᕐᓴᐅᔫᒥᑎᑦᓯᔫᖅ ᐃᒻᒥᓄᑦ ᐱᑐᔫᒥᓇᕐᑐᖅ. .

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