

COACHING PROGRAM CURRICULUM/WORKSHEET/JOURNAL/QUALITY REVIEW/INTEGRITY
LETTER/ACCEPTANCE CONFIRMATION/PERMISSION/INFORMATION (PAGES 1 of 6)

Student Name: _____

Program: _____

Hours: _____ Date(s): _____ Addendum(s) No 0 Yes 0 # _____

PROGRAM HIGHLIGHTS

RULE#1 – PRACTICE LIMITLESS BELIEFS:

- I am worthy.
- I am loved.
- I have a right to be here.
- I am strong.
- I am kind.
- I have a lot to offer.
- I can and I will
- I won't – I will not

RULE#2 – GET RID OF PEOPLE PLACES AND THINGS THAT DON'T SERVE YOU.

Always feel good and confident and I do mean always; I do mean constantly. I do mean consistently. I do mean you have to care about your life. It's very simple and it is by choice.

Bentinho Massaro

- Feel calmer
- Handle life better
- Handle withdrawal symptoms easier
- Crave substance less

RULE#3 – Use your imagination wisely:

- Explore what you want your ideal life to be like. Think of things you can do better
- Identify what could possibly be preventing you from creating this life.
- Create a plan to set you on your path of creating the life you want.
- Organize your room—your spaces

RULE#4 - MEDITATE

LESSONS

1) Addiction is a consequence of learned experience & repetitions of patterns. Is alcoholism in the genes? The answer is no. In the science of epigenetics, it's the perception of your environment that controls your genes. **You're not a victim** of your genes because you're the one who can change your environment. Change your perception of your environment—and your response to it. Ted Talk by Johann Hari, "[Everything you think you know about addiction is wrong?](#)"

2) Why do smart people struggle with addiction?
I tell myself that this will be the last drink, the last pill, and I know it's a lie. I don't get help, even though I need it. Why do I do this? There are many answers to that question, but one of them is that limiting beliefs keep you bound. The good news is, when you let go of your limiting beliefs, you expand your sense of possibility and jump-start your recovery too. Recognize and forgive the limiting beliefs that underlie your addiction.

3) Examples of limiting beliefs: I could never quit my job, no matter how much I hate it - Life is not supposed to be fun or enjoyable - No matter what I do, it's not good enough. - I'm a screw up - I have to stay close with these people, even if they abuse me - There's no point in me speaking up. - I can't trust anyone. - It's never going to get better. - I'm bad

4) Identify limiting beliefs, rules you have for your life that cause pain - Generalizations about the way the world works - Words such as "always" and "never" - Ideas that underlie your judgments – look at your judgments, and ask, "Why?" Maybe your judgment is, "I'm an idiot for making mistakes." If you ask yourself why, you might encounter a limiting belief such as, "I should never make a mistake," or, "If I make a mistake, no one will love me." Eliminate the phrase "I CAN'T" from your vocabulary forever and instead sav. "I WON'T" or "I will not."

KEY POINTS:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

ACTION ITEMS:

[illegible]

SURVEY SAYS...

1) How would you rate your educational experience?

- ☐ Okay, but I have a comment.
- ☐ Good experience; I learned something new
- ☐ MIND BLOWING – TRANSFORMATIONAL

Comments:

2) Write down one thing (or things) that you remember from the program:

- ☐ A video
- ☐ A question or quote
- ☐ A Coach, psychologist, or speaker

Memory:

3) Who do you remember?

- | | | |
|-----------------------------------|--|---------------------------------------|
| <input type="radio"/> Teal Swan | <input type="radio"/> Dr. Bruce Lipton | <input type="radio"/> Jordan Peterson |
| <input type="radio"/> Ralph Smart | <input type="radio"/> Dr. Joe Dispenza | <input type="radio"/> Abraham-Hicks |
| <input type="radio"/> Leo Gura | <input type="radio"/> Bob Proctor | <input type="radio"/> Eckhart Tolle |

Memory:

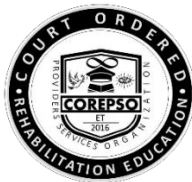
4) What does it mean to control your life? What is the Law of Attraction?

- ☐ You are what you think about most often
- ☐ What you put out you will get back
- ☐ Reality is an audio-visual representation of your beliefs, decisions, and actions

Comments:

IF YOU CAN'T CHANGE YOUR MIND, THEN YOU'RE NOT USING IT

STUDENT'S LETTER OF INTEGRITY AND PERMISSION (PAGE 4)



Name: _____

Coaching Session Certificate # (order number) _____

Additional Hours: _____ Date: _____

ATTENTION COURT OFFICIAL/CASEWORKER:

I, signatgure _____ have recently enrolled in a 15-minute decision making with integrity coaching session or other educational services by a COREPSO services provider. If I am required to further my rehabilitation education mandates, I wish to obtain more hours through the following providers services sources: <https://AmericanIntegrity.Thinkific.com> - <https://Challenge2Change.Thinkific.com> - <https://CHILD.Thinkific.com> - <https://COREPSO.Thinkific.com> - <https://DOTcourses.Thinkific.com> <https://Inspired2Change.Thinkific.com> - <https://JeveCas-NCoei.Thinkific.com> - <https://NCoei.Thinkific.com> - <https://MandatedCourses.Thinkific.com> - <https://ProbationClasses.Thinkific.com> <https://SafetyFirst.Thinkific.com> - <https://ThinkTerrific.Thinkific.com> –

I am pre-enrolled in the following **C.O.R.E.P.S.O. affiliated** rehabilitation psychoeducational online education:

COURSE/COACHING TITLE:	HOURS/min.

I believe this education will benefit my mental health and wellbeing and I agree to abide by the guidelines and terms and conditions of this course with integrity and a sincere desire to learn: I agree to be honest faithful and fair in adherence to my plan of study. I will pay attention; honestly answer all questions and consider all feedback and participate in all surveys/discussions and I will print out/download /save and complete my course logbook included in my free 15-minute coaching session or other study.

Therefore I promise:

- I will obey the letter and the spirit of the law.
- I will be accountable to myself and to my officials for living by this oath.
- I will take responsibility for my actions and consider the effects on others.
- I will strive to create a sustainable economic and social environment for myself.
- I will act with utmost integrity and pursue my life's purpose in an honest and ethical manner.

IN GOOD FAITH AND WITH HOPE IN MY HEART, I REQUEST ENROLLMENT IN THE ABOVE-MENTIONED REHABILITATION EDUCATION SERVICES INCLUDING ONLINE COURSES AND COACHING.

☐ APPROVED

COURT, COUNTY, CITY, STATE, OFFICIAL TITLE/NAME: _____

PROVIDER SITE: _____ EMAIL _____ PASSWORD _____



National Court Ordered Education Institute, LLC & Court Ordered Rehabilitation Providers Services Organization (COREPSO) Certified by COREPSO at <https://COREPSO.Thinkific.com> Issued by Mental Health Engagement Curriculum by Val Catt Joglar #936-444-7508; COREPSO.Thinkific@gmail.com

eCOURSE ACCEPTANCE REQUEST INFORMATION LETTER FOR COURT, PROBATION, PAROLE

COURSE TITLES: ANGER MGT, ANIMAL ABUSE, BULLYING/CYBERBULLYING, CHILD ABUSE, COGNITIVE SKILLS DEVELOPMENT, COMMUNITY SERVICE, CURFEW LAW VIOLATION, DECISION MAKING/IMPULSE CONTROL/BEHAVIOR MODIFICATION, DIVORCE, DRIVING SAFETY/HANDS FREE LAW, DOMESTIC VIOLENCE/BATTERER INTERVENTION, DV/BIPP SURVIVOR EMPOWERMENT, DWI/DUI/OMVWI, HIV/AIDS, INDECENT EXPOSURE, LIFE SKILLS ENRICHMENT, MINOR IN POSSESSION, PARENTING/CO-PARENTING/CHILD NURTURING, PUBLIC INTOXICATION, SHOPLIFTING/PETIT/GRAND LARCENY, SUBSTANCE ABUSE/DRUGS & ALCOHOL/DOEP, THEFT BY CHECK/CREDIT CARD FRAUD, TOBACCO LAW, TRESPASSING LAW VANDALISM/GRAFFITI, TRUANCY/CYBER TRUANCY, WEAPONS POSSESSION/AGGRAVATED ASSAULT/GUN LAW, VICTIMS IMPACT PANELS FOR DWI & DV (Note: All courses in English and in Spanish)

ATTENTION COURT OFFICIAL: May this letter serve to verify that NCOei court ordered courses and programs are nationally recognized by *State & Local* Family Courts as rehabilitation education, and self-development courses and programs. Our courses are developed by our in-house health psychologist who has an advanced degree certificate in health psychology and a specialization in health and wellness education and coaching—based on visual life skills storytelling, inspirational motivation, worthiness enhancement, emotional empowerment through emotional intelligence (EQ) development and positive reinforcement testing, with question, answer and feedback based on the stages of change philosophy.

EVIDENCE BASED EDUCATION PROVIDER: All NCOei program and course information is evidence based and strictly adheres to guidelines provided by the American Psychological Association, the US Department of Health & Human Services, the Substance Abuse & Mental Health Services Administration, the National Coalition against Domestic Violence, the White House Strategies for HIV/AIDS and Suicide Prevention. Emergency and hotline numbers are provided and listed.

COURSE/PROGRAM DOCUMENTATION AND CERTIFICATION: Certificates, Enrollment forms, progress reports and completion documents follow the established guidelines by U.S. court systems. All courses include enrollment proof, workbook, and certificate. All documents are instantly emailed to the student and can be accessed, downloaded, and sent to anyone. Student's account (course dashboard) can be accessed using their email and password. Documentation and completion status can be obtained by emailing NCOei directly: Office.NCOei@gmail.com. All courses/programs include instantly emailed proof of enrollment, certificate of accomplishment (which is also stored in the student's account).

EDUCATION CERTIFICATION: *All NCOei course and program educational content is certified by the National Court Ordered Education Institute's Advisory board of Licensed and Certified Physical and Mental Health Professionals and C.O.R.E.P.S.O. The NCOei Advisory Board presently consists of licensed and certified mental health professionals in the fields of health psychology, clinical psychology, psychiatry, psychiatric and research nursing, dietetics, master health coaching, chemical dependency counseling, relationship coaching and more (see <https://COREPSO.Thinkific.com>).*

STUDENT DASHBOARD: Courses are 100% online. All courses include a proof of enrollment receipt and a certificate of accomplishment. Students sign up for an NCOei account which contains student dashboard, demographics, enrolled courses, course progress, completion status and certificates earned.

eCOACHING: eCoaching (purchased separately) contain online content and personalized ecoaching. Coaching sessions are purchased directly from the coach or counselor. For example, the 8-week domestic

violence **program** contains 40 hours of online content (videos, presentations, websites and EQ exam questions) and 8 ecounseling/coaching sessions (purchased separately at the rate of \$50 per session hour directly from the coach or counselor). The 6-week parenting course contains 30 hours of online content and 4 counseling/coaching sessions. Each program includes a proof of enrollment, certificate of accomplishment and a counseling/coaching session report.

STUDENT PROGRESS: Student progress is tracked in the students account which can be accessed using the student's email and password. Students receive weekly email reminders to complete their course.

EXTERNAL RESOURCES: Students are encouraged to connect with our in-staff health psychologist or our in-house master health coach with questions or comments regarding any course material. Our staff speaks English and Spanish fluently. Videos and external websites are chosen which promote health and wellness life skills, specifically.

EXAM QUESTIONING: All NCOei courses and programs contain extensive emotional intelligence (EQ) exam question, answer and feedback sessions in a no-fail format designed to test EQ—not IQ. NCOei education is specifically designed to motivate behavior change through positive reinforcement EQ questioning. The positive reinforcement is self-initiated as the student actively participates in multiple choice question and answer sessions where the correct EQ answer always promotes health, wellbeing and emotional integrity. This is accomplished through exam questioning where the student is repeatedly asked to choose health and wellness promoting EQ behaviors, thoughts and actions throughout the course. Final exam questions must be answered correctly after each section for the student to complete the course and receive a certificate of accomplishment and course report. The report shows exactly how much time the student spent in the course. Questions are designed to reinforce and encourage behavior change, ensure comprehension and drive home key points. The questions are designed to activate cognitive dissonance and reinforce emotional intelligence resulting in increased self-awareness of behaviors and actions that serve health and well-being.

EDUCATION MISSION: *The mission of NCOei courses and programs is to provide education, direction and guidance to help people help themselves and those they love.* Instructional coaching is used to motivate, inspire and uplift—promoting an increased state of self-awareness by educating how attention, thoughts and emotions result in habitual thought patterns which drive behavior and affect mental and health. An introduction to various health coaching methods and techniques is presented in the NCOei online content, introducing positive behavior change through various real-life examples of real people facing real challenges in their own lives. The goal of our courses is to motivate behavior change through the awareness and understanding of the conscious and subconscious mind within the realm of emotional intelligence (EQ). At NCOei, we believe that EQ is the new IQ! NCOei is dedicated to promoting the understanding of emotional intelligence and how this concept relates to one's self-efficacy (self-empowerment).

Sincerely,

Valerie Joglar, M.A.

Valerie Joglar, M.A., CMHC
Certified Health Psychologist

Jewelyn Castro, BS

Director: Jewelyn Castro, BS, CIMHC
Human Resources, Master Health Coach

Belinda Bane

Belinda Bane, BS, CMHC
Chief Financial Officer