



SOULSCALE ACADEMY COURSE SYLLABUS

EMERGE BATCH #1: ANGELS LADDER THERAPY CENTER

A two-month leadership development journey — from orientation to graduation — running August 5 through September 23, 2026.

Week 0 — Orientation & Onboarding

(August 5)

- Welcome & program kick-off
- Meet your facilitators: *Cyndi Alvar, Mia Alvar, Xian Senado*
- Program overview, expectations, and community norms

Week 1 — Hosting Structure & Extreme Self-Care

(August 12)

- Foundations of hosting: structure before self
- Principles of extreme self-care for sustainable leadership
- Setting the container for transformational work

MATERIAL/OUTPUT: *Personal Hosting Structure Plan*

Facilitator: Xian Senado

Week 2 — Power of Feedback

(August 19)

- Introduction to the Hosting Report Card
- Giving and receiving feedback that transforms
- Building a feedback-driven growth loop
- The Johari Window

MATERIAL/OUTPUT: Hosting Report Card

Facilitator: Mia Alvar



Week 3 — Running a Transformational Session (September 2)

- Growth, experience, and contribution in session design
- Core techniques for holding a transformational space

Practicum: designing your own session flow

MATERIAL/OUTPUT: Session Design & Facilitation Practice

Facilitator: Kate Alvar

Week 4 — Content Creation (September 9)

- Crafting your Massive Transformative Purpose (MTP) & Core Values
- Translating purpose into compelling content
- Content strategy for community and brand voice

OUTPUT: MTP & Core Values Statement + Content Plan

Facilitator: MJ Aguilar

Week 5 — Power of Leadership & Reality Check (September 16)

- Leadership reality check: an honest self-audit
- Small group introduction — preparing to lead your first circle
- Running your first small group session

OUTPUT: Small Group Facilitation (First Session Led)

Facilitator: MJ Aguilar





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Week 6 — Graduation

(September 23)

- Awarding & moving forward
- Reflection on the two-month journey
- Commencement ceremony

Facilitator: Cyndi Alvar



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