

Elevate Institute

Level One

COURSE	CREDITS
Introduction to Elevate (Pre-Requisite)	1.00
What the R.U.T.? Really Understanding Timing	2.00
E-Motions	2.00
Order in the Chaos	2.00
Evolution of Women: Timeline and History	3.00
Numbers Matter	2.00
Family Dynamics	3.00
Elective	3.00
TOTAL CREDITS	18.00

Level Two

COURSE	CREDITS
Introduction to Elevate (Pre-Requisite)	1.00
What the R.U.T.? Really Understanding Timing	2.00
E-Motions	2.00
Order in the Chaos	2.00
Evolution of Women: Timeline and History	3.00
Numbers Matter	2.00
Family Dynamics	3.00
Next Level, No Fear	2.00
Unleashing the Greatness Within	2.00
Blueprinting and Mapping	3.00
TOTAL CREDITS	22.00

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Advanced Level

COURSE	CREDITS
Introduction to Elevate (Pre-Requisite)	1.00
What the R.U.T.? Really Understanding Timing	2.00
E-Motions	2.00
Order in the Chaos	2.00
Evolution of Women: Timeline and History	3.00
Numbers Matter	2.00
Family Dynamics	3.00
Next Level, No Fear	2.00
Unleashing the Greatness Within	2.00
Blueprinting and Mapping	3.00
Red Zone: Crisis Management	4.00
Advanced Numbers Matter	4.00
Work-Life Balance	4.00
Restoration and Discovery Intern	6.00
TOTAL CREDITS	40.00

Each level receives a Certificate of Completion upon completion. Courses are workshop formatted. Class time is according to credits. For example, a 2.00 credit class takes 2 hours to complete and a 3.00 credit class takes 3 hours to complete.

The Elevate Institute Intern Program consists of 40 hours of work/service for credit.

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