

SOS Facilitator Certification Training Agreement

This is intended to be a program that includes and coincides with a 9-month Emotional Liberation class. This agreement is between GuruMeher Khalsa, as Senses of the Soul (SOS) and/or Emotional Liberation (EL), and students. It is intended to clarify roles and responsibilities of all parties, and to guide Facilitators in Training (FIT) to understand their responsibilities and expectations. Application to the program is a written request to participate which includes background, personal interest in the work and goals, followed by an interview. *Applications must be received one month prior to start of course date.*

PRE-REQUISITES

- Must have satisfactory completion of Level 1 SOS Foundations Course
 - Complete reading of Senses of the Soul hard copy or audiobook.
 - Complete all weekly worksheets.
 - Meet attendance requirements. Do not miss more than one live weekend or two phone calls; make up work is considered.
 - Satisfactory completion is at the sole discretion of the trainer, and includes make up of any missed attendance and assignments.
- Prefer to have additional training(s)/ certification(s) such as: therapist, psychologist, yoga teacher, life coach and various healing modalities.
 - Licensed professionals with significant SOS experience may apply directly in order to waive the Level 1 requirement.
- Application and interview.

REQUIREMENTS FOR CERTIFICATION

REQUIREMENTS

- Participate fully in (at least) a second full training as a Facilitator in Training (FIT).
 - Includes attending weekly calls and/or monthly live sessions.
 - Assist facilitator as needed.
- Review student homework in confidentiality, in advance of each session when possible.
- Assist in presentation of material on calls/live as assigned.
- Coach students on calls/live sessions and share personally, as assigned to satisfaction of GuruMeher, demonstrating working knowledge of SOS concepts, worksheets, meditations and exercises.
- Be prepared and available to substitute teach for GuruMeher
- Demonstrate appropriate sensitivity, insight and ability to assist students' process.
 - Share personal experiences; past and present
 - Lead participants through the SOS process
 - Remind them of the practice to become peaceful and quiet the mind
 - Ask questions: How do you feel when. . . ?
 - Help participants identify the difference between thinking through solutions vs. feeling for heartfelt messages.

- If assisting online course, attend one or more live SOS workshops w/ GuruMeher.
- Attend and participate in weekly planning meetings.
 - Typically held weekly while the Emotional Liberation Course is in session,
 - Meetings will include but are not limited to debrief from last class call/live weekend, preparation for next class, Q&A on course material, examining the coaching process, assessment of students' process and progress.
- It is expected that a FIT is continuing to use SOS meditations and principles in their daily life. FIT are expected to complete the weekly/monthly meditations, exercises and assignments that the students are doing to be familiar with and able to satisfactorily explain their experiences with same and for their own continued development.
- Receive and implement feedback on FIT performance and personal development.
- Professional Readiness: Generally accepted standards of personal integrity, health and emotional stability, self-care, communication skills, interpersonal skills, and self-awareness.

LEAD DISCUSSION CALLS

- Comfortably and competently lead call/workshop portions independently. If GuruMeher is not present, the call/session is to be recorded and reviewed by GuruMeher for assessment and feedback.
- Independently answer student questions, and provide general guidance to students as assigned by GuruMeher, which may include email, video, telephone, or in person discussion with students.

ONE-TO-ONE WORK WITH STUDENTS

- FIT will be available for and may be assigned to work 1-to-1 with students. Such sessions will be recorded, with permission of the student, to be reviewed by GuruMeher for feedback.
- FIT will conduct at least 6 audited 1-to-1 SOS sessions with satisfactory feedback.
 - SOS session structure will be provided.
 - Trainees may provide their own students.

SOS "coaching" by FITS - As part of the Facilitator training, you will be involved in speaking with students directly without Gurumeher. These conversations may include guiding students through meditations and "coaching" students in the SOS method. Unless a FIT is already trained in Coaching, a FIT is not to go beyond coaching the SOS method. In other words, a FIT is to guide the student through the SOS method of inquiry so that the student may obtain their own answers from within. A FIT must be careful to direct the student back to their own inner knowing and not offer advice. Remember that SOS is a self-healing, and we are teaching students to rely on their own inner answers.

PRACTICUM CLASS: LEAD ONE SUPERVISED/EVALUATED WORKSHOP

- FIT will lead at least one in-person workshop session with GuruMeher present for assessment and feedback. Where in person attendance is not possible, lead one

workshop with in-person attendants, GuruMeher observing by video recording for assessment and feedback purposes.

- The workshop should adhere to the SOS structure/format provided to you, for the practicum(begin with description of the SOS method, yoga, meditation, sharing, etc.)

COACHING SESSIONS WITH GURUMEHER

- Complete at least 9 one-on-one coaching sessions with GuruMeher as part of this process and during this training cycle of one year. Scheduling and tracking is responsibility of the FIT.

OVERALL

- Demonstrate working knowledge and understanding of SOS concepts.
- Demonstrate ability to discuss concepts with students in a manner that is sensitive, supportive, and contributes positively to student's progress through the course.
- Satisfactory performance in 1 supervised and evaluated Practicum Class (a workshop with at least 2 in person attendees, at least 60 minutes in length).
- Complete an entrance and/or exit interview with GuruMeher as assigned.
- Complete all assignments to the satisfaction of GuruMeher
- Final approval for certification is at GuruMeher's discretion, however, same will not be unreasonably withheld provided the criteria above have been met satisfactorily.
- SOS reserves the right to suspend, deny, terminate or revoke the training or certification of any SOS Facilitator at any time for just cause, which will be communicated to the student.

CERTIFICATION as a LEVEL 2 SOS FACILITATOR allows a person to hold standalone workshops/1:1 sessions using the SOS meditations, exercises and concepts.

Certification includes a license to use the materials in the book, and audios in such workshops/sessions, and the permission to market using the SOS nomenclature.

Only persons who have been Certified by GuruMeher can call themselves "SOS FACILITATORS".

SCOPE OF WORK: SOS is a training that should be used in conjunction with existing skills and integrated into Facilitators' existing practices. Certified SOS Facilitators are only permitted to practice within their existing scope of practice as dictated by their licensure, training, or certification. Certification does not provide you with the skills to start a new line of work. For example:

- If a person is not trained in group processing work, then s/he should not be facilitating these types of groups.
- If a person is not trained in trauma, deep processing, or family of origin work, then s/he should not be facilitating groups or working with clients where these skills are necessary. If these issues emerge, clients should be referred to someone who could better meet the client's needs

TRAINING FEES

Training fee is \$200 per month for 10 months, plus \$125 per coaching session for 9 sessions, or \$2000 + \$1125 = **\$3125**. Payment plan is 30% due upon acceptance with balance in 9 monthly payments. \$938 down, \$243 for 9 months.

NOTICE OF DISCLAIMER

SOS reserves the right to amend, add, change or delete classes, sessions, requirements, topics, policies, tuition, times and locations without prior notice. SOS also reserves the right to cancel, delay or reschedule the program and classes due to insufficient enrollment..

INSURANCE

You are not covered by my insurance policy. I advise you to carry your own liability insurance and maintain it during the period of this course.

CANCELLATION and REFUND POLICY

Cancellation requests, with explanation, must be submitted in writing via email, to gurumeher@sensesofthesoul.com, and when approved will take place from the date of submission.

All refunds are in the form of credit for other or future courses, classes, SOS products or private coaching. Credit amount will be less a cancellation fee of 10% of course price. These credits will be valid and must be applied within two years of cancellation date. Credits may be transferred and assigned to another party.

CONFIDENTIALITY

The student's information is private and personal. It is only to be shared with GuruMeher and other Facilitators for the purpose of education. Students must be advised that your FIT work with them may be shared with the other Facilitators, and then given the right of refusal.

TRADEMARK

FIT acknowledges the Trademark of Senses of the Soul by GuruMeher Khalsa. All materials provided in connection with the FIT Program including without limitation, written or printed documents, photographs, audio and video recordings and software programs, and all copies and derivative works relating thereto, are and will remain the sole and exclusive property of GuruMeher Khalsa, and FIT has only a limited, non-exclusive right to use the Senses of the Soul Materials, and only after approval by GuruMeher Khalsa.

INDEMNIFICATION

I will, at my own expense, defend, indemnify, and hold harmless Senses of the Soul and its owners, directors, officers, employees, agents and representatives from and against any and all

liabilities, claims, causes of action, suits, damages, including without limitation, suits for personal injury or death of third parties, and expenses, including reasonable attorneys' fees and expenses, for which SOS becomes liable, or may incur or be compelled to pay by reason of my activities or my breach of the terms of this Agreement.

I am not, and will not hold myself out to be, an employee, subcontractor, representative or agent of SOS, and nothing herein constitutes or implies the existence of a partnership, joint venture or grant of a franchise between me and SOS. Any rights granted to me hereunder are personal in nature, and may not be transferred or assigned.

This Agreement will terminate, and all rights granted to me hereby will automatically terminate, upon the first to occur of: (a) my failure to successfully complete the EL Training Program; (b) my failure to comply with any of the terms and conditions of this Agreement; (c) my use of the "SOS" name in any manner not expressly permitted by this Agreement or (d) my failure to adhere to the standards established by SOS from time to time for certified SOS teachers. Immediately upon the termination of this Agreement for any reason, I will return all SOS Materials in my possession or control to SOS . Notwithstanding anything to the contrary contained herein, the above provisions of sections will survive any termination of this Agreement.

SOS WILL BE NOT BE LIABLE (WHETHER IN CONTRACT, WARRANTY, TORT (INCLUDING, BUT NOT LIMITED TO, NEGLIGENCE, PRODUCT LIABILITY OR OTHER THEORY), TO ME OR ANY OTHER PERSON OR ENTITY FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THIS AGREEMENT, EVEN IF SOS HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH COSTS OR DAMAGES. Any dispute concerning the terms of this Agreement will be resolved in accordance with laws of the State of CA, without regard to its principles of conflicts of law.

STATEMENT OF NON-DISCRIMINATION

No person shall be excluded participation, denied any benefits, or subjected to any form of discrimination based on sex, race, age, creed, religion, national origin, physical disability, or sexual orientation.

I have reviewed and understand my role and I agree to uphold this agreement.

Mentor

Name: GuruMeher Khalsa

Signature_____Date_____

Facilitator In Training

Name: _____

Signature _____ Date _____