Part 1: Course Information

Instructor Information

Instructor: Howard Glasser  
Course: Exploring the Nurtured Heart Approach® (NHA) Online

Course Description

This life-changing 6-hour Online Course – delivered in 6 easy-to-use sequential sessions – will give you the powerful tools of the Nurtured Heart Approach in a succinct, affordable, convenient format. We have specifically designed this course for busy Professionals and Parents who want to learn the Approach right this moment (you can start the course now!) and who want to see immediate results. Once you register, you will have access to Exploring the Nurtured Heart Approach for three months. The course is available 7 days a week, 24 hours a day for your convenience. If you registered for CEUs, you must take your CEU exam within this 90-day period. After completing the six sessions, you are welcome to log in and review the sessions as often as you like during your 90-day subscription. Watch it, practice it, watch it again to further integrate these life changing tools. Problems don't wait, and now, solutions don’t have to either!

Prerequisite

Completion of this course will act as a prerequisite to attend a Certification Training Intensive (CTI), the 5.5-day intensive training to become a certified trainer in The Nurtured Heart Approach.

Recommended Texts & Other Readings

- *Transforming the Intense Child Workbook: An Experiential Guide for Learning and Implementing the Nurtured Heart Approach*, by Howard Glasser

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Access to iCohere online delivery platform
- Complete all sessions and session quizzes; Complete CEU test if registered for CEUs.

Course Structure

This course will be delivered entirely online through the iCohere delivery platform. You will need a login ID and password to log in to the course from the Exploring NHA home page: [http://childrenssuccessfoundation.com/exploring-nha](http://childrenssuccessfoundation.com/exploring-nha)
In the Exploring NHA course, you will access online lessons, course materials, and additional resources.

Technical Assistance

If you need technical assistance at any time during the course or to report a problem, you can:

- Email: geo@icohere.com

Part 2: Course Objectives

- To learn The 3 Stands™ of The Nurtured Heart Approach
- To learn about and gain awareness of energies in our world and how to successfully balance them
- To develop and maintain healthy relationships in our lives
- To learn how to create Inner Wealth™ in our children and in our self

You will meet the objectives listed above through a combination of the following activities in this course:

- Watch all 6 sessions
- Complete all 6 session quizzes
- Complete the CEU test (if you signed up to receive CEUs)
Part 3: Course Outline

Important Note: Each session is followed by a knowledge check to reinforce what you learned. Though you must receive a score of 100% to move on, you are able to retake the knowledge checks as many times as you like.

- **Session 1: The First Stand: Absolutely NO!**
  - Learn about Stand 1 – Participants will learn how to give absolutely no energy, attention or relationship to negativity.
  - Session 1 knowledge check

- **Session 2: The Second Stand: Absolutely YES!**
  - Learn about Stand 2 – Participants will discover how and when to begin “showing up” for your children: when things are going RIGHT! These are the opportunities for giving your energy, attention and relationship.
  - Session 2 knowledge check

- **Session 3: The Second Stand: The Nurtured Heart Recognition Techniques**
  - Participants will learn in detail the four NHA techniques to giving recognitions and building Inner Wealth in children.
  - Session 3 knowledge check

- **Session 4: The Third Stand: Absolutely CLEAR!**
  - Learn about Stand 3 – Participants will learn how to create and maintain clear and consistent rules, boundaries, and consequences.
  - Session 4 knowledge check

- **Session 5: Resets/Notching it Up**
  - Participants will learn how to use the consequence in NHA; understand how to reset others and yourself; and discover the importance of notching up your use of The 3 Stands.
  - Session 5 knowledge check

- **Session 6: Notching Up: Creating Greatness with Resets**
  - Participants will Deepen your understanding and application of the Notching Up Cycle of The 3 Stands, as well as learn how to bring yourself to your next level of greatness in resetting.
  - Session 6 knowledge check
Part 5: Course Policies

Participation

Students are expected to complete all six online sessions as listed in the course syllabus. Students are expected to score 100% on all session quizzes and the CEU test but may retake all quizzes/test until that is achieved. Completion of the course is required in order to receive CEUs, and to act as a prerequisite for attendance to the Certification Training Intensive (CTI).

The Children’s Success Foundation will track and monitor the Exploring Course, to ensure student completion in its entirety, and will provide students with a certificate of completion. For questions about the certificate of completion, you can email

Fidelity/Integrity

Sharing a course subscription is prohibited with the limited exception of co-parents living in the same residence (i.e. parents living in the same home can purchase one subscription and share it).

Upon completion of the Exploring Course, you may NOT publicly teach and train NHA. You may only use NHA in your daily life in your home or place of business. If you have interest in teaching/training NHA, you must successfully complete a Children’s Success Foundation (CSF) Certification Training Intensive (CTI), become a current member in the CSF Trainer Network (TN), and be in good standing with CSF. Individuals must attend and complete the Certification Training Intensive to teach or train. This course does meet the pre-requisite for the Certification Training Intensive.