



Mental Health Transformation Full Program

Week One

1. Mental Health 101

In this module you will learn about what in fact is Mental Health, as well as its foundations.

You will also learn about the Mind-Body Connection, as well as Conscious-Subconscious Minds Connection.

Weekly Homework:

- Mental Health 101 Assignment
- Week One Daily Exercise

Week Two

2. 90 minute Live Q&A - Mental Health - **Date Coming Soon**

In this Q&A, the Module Assignment will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Mental Health Assignment Presentation
- Week Two Daily Exercise



Week Three

3. Attachment 101

In this module you will learn about what attachment is, how its foundations and patterns are formed earlier in life, and continuously developed throughout the formation of meaning relationships, along with how its styles shape the perception and experience of multiple types of relationships.

Weekly Homework:

- Attachment 101 Assignment Presentation
- Week Three Daily Exercise

Week Four

4. **90 minute** Live Q&A - Attachment - **Date Coming Soon**

In this Q&A, the Module Assignment will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Attachment Assignment Presentation
- Week Four Daily Exercise



Week Five

5. Pivoting Self-Connection, and Empathy

This module will be devoted to learning the Secrets about how to develop Self-Awareness, as the foundation stone to pivot Self-Connection, and Empathy.

Weekly Homework:

- Self-Awareness Assignment
- Week Five Daily Exercise

Week Six

6. **90 minute** Live Q&A - Self-Connection and Empathy - **Date Coming Soon**

In this Q&A, the Module Assignment will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Self-Awareness Assignment Presentation
- Week Six Daily Exercise



Week Seven

7. The Neurobiology of Mental Health and Human Connection

In this module we will take a deep dive into the way the human brain and body communicate with each other, in its own physiological language, and how that is transformed into Human-to-Human Communication.

Weekly Homework:

- Human-Connection and Relationships Assignment
- Week Seven Daily Exercise

Week Eight

8. Pivoting Emotional Intelligence

This module will be devoted to learn the Secrets about how to develop higher Emotional Intelligence, as a foundation for Self-Connection, and Connection with Others.

Weekly Homework:

- Emotional Intelligence Assignment
- Week Eight Daily Exercise



Week Nine

9. 90 minute Live Q&A - Emotional Intelligence- Date Coming Soon

In this Q&A, the Module Assignments will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Emotional Intelligence & Relationships Assignments Presentation
- Week Nine Daily Exercise

Week Ten

10. Let's Talk about Trauma

In this module you will learn about the different layers and levels of trauma; along with how trauma is impacting your neural pathways, hijacking your brain into conditioned responses to life that are impacting your Mental Health daily.

Weekly Homework:

- Emotional Trauma Assignment
- Week Ten Daily Exercise



Week Eleven

11. Healing Trauma and Transgenerational Trauma

Trauma does not just happen directly to us. It is also a potential inherited experience.

In this module you will learn what transgenerational trauma is, how is it passed on, and what types of impact might there be. In this module, we will also deep dive the principles of trauma healing.

Weekly Homework:

- Transgenerational Trauma Assignment
- Week Eleven Daily Exercise

Week Twelve

12. **90 minute** Live Q&A - Trauma - **Date Coming Soon**

In this Q&A, the Module Assignments will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Emotional & Transgenerational Trauma Assignments Presentation
- Week Twelve Daily Exercise



Week Thirteen

13. Unveiling Your Inner Stories

In this module you will learn about the powerful Secrets of Storytelling, and about how you are perceiving and telling your own story to yourself and others, is impacting you and your Mental Health, along with your perception of the world and your relationship with other people.

Weekly Homework:

- Inner Story Assignment
- Week Thirteen Daily Exercise

Week Fourteen

14. 90 minute Live Q&A - Sharing Your Inner Story - **Date Coming Soon**

In this Q&A, the Module Assignment will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Inner Story Assignment Presentation
- Week Fourteen Daily Exercise



Week Fifteen

15. Building Resilience and Growth Mindset

What does it really take to build a resilient and growth mindset? In this module we will unlock the Secrets and Benefits of a Resilient and Growth oriented Mind to face Life Challenges

Weekly Homework:

- Growth Mindset Assignment
- Week Fifteen Daily Exercise

Week Sixteen

16. **120 minute** Live Q&A - Inner Story Transformation - **Date Coming Soon**

In this Q&A, the Module Assignments will be presented and discussed to achieve a better understanding of your own patterns, and results towards an Optimization of Your Mental Health.

Weekly Homework:

- Inner Story & Growth Mindset Assignments Presentation
- Week Sixteen Daily Exercise



Week Seventeen

17. Rewiring Your Brain

In this module you will learn, based on all the knowledge built in the previous sessions how to optimize and rewire Your Brain for Optimal Mental Health and Life Achievements. You will also discover the powerful impact on Mental Health of Lifestyle, Food, Natural Medicine Approaches and Natural Supplements.

Weekly Homework:

- The Path to Your Best-Self Assignment
- Creating Your Life Vision Assignment
- Your Connection and Growth Ritual Assignment
- Week Seventeen Daily Exercise

Week Eighteen

18. **120 minute** Live Q&A - Your Best-Self & Life Vision - **Date Coming Soon**

In this closing Live Session you will be able to have an overview of all the modules, integrate them and present parts of your homework assignments, committing to take action to Pivot Your Mental Health and Create an Amazing Life... Your Amazing Life!

Weekly Homework:

- The Path to Your Best-Self & Creating Your Life Vision Assignments Presentation
- Your Connection and Growth Ritual Assignment Presentation
- Week Eighteen Daily Exercise



What You Will Get From This Program:

18 Weeks of Total Focus on Your Mental Health (Value: Priceless)

More than 15 Hours of Recorded Content (Value: €2.550.00)

Over than 13 Hours of Live Content (Value: €3.250.00)

Live Q&As and Ongoing Email Support (Value: €3.000.00)

Being Spotlighted in Fortnightly, in Eight Group Coaching Calls

**to Ask Your Questions, Clear Your Doubts,
and Present Your Progress (Value: €3.500.00)**

Daily Exercises (Value: Priceless)

12 Weekly Assignments (Value: Priceless)

**Supporting Group Community to Enhance Your Personal Process
(Value: Priceless)**

2 One-on-One Session with Alexandra Duque (Value: €700.00)

Lifetime Access to All Sessions Replays (Value: €3.000.00)

TOTAL VALUE: Over €17.000.00



Clarity and Understanding of Your Mental Health

Clearing of Mental Clutter

Development of Emotional Awareness

Development of Higher EQ

Development of Coping Skills

Understanding & Improvement of Relationships

Clear Road Map towards Your Mental Health

Development of a Personal Life Vision

Life Transformation

**Invest in Yourself and
Transform Your Life!**

Create an Amazing Life!

Your Amazing Life!