

# Warrior Goddess Leadership Training

## *Level 1*

### Syllabus January - March 2022

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This syllabus represents our current plans and objectives. As we go through the training program, those plans may need to change to enhance the learning experience. Such changes, communicated clearly, are not unusual and should be expected.

**Instructor Names:** HeatherAsh Amara and Sarina Harz, LCSW

**Class location:** <https://us02web.zoom.us/j/81360981636>

**Meeting time:**

Wednesdays - 12 - 1:30 pm Los Angeles, 3 - 4:30 pm New York, 8 - 9:30 pm London

\*Check out [Time Converter](#) if you need help finding your time zone

Email: [hello@wariorgoddess.com](mailto:hello@wariorgoddess.com)

PLEASE NOTE: This is the main Warrior Goddess email address and is supported by the Team Warrior Goddess. You can expect an email response within 24 hours from a team member (except for weekends and holidays)

# Warrior Goddess Leadership Training

## Pre-Training Book Study Schedule

Module	Date	Topic	Reading (to be done before class)
1	<b>Nov. 3</b>	Introduction to <i>Warrior Goddess Training</i>	No reading for this week.
2	<b>Nov. 17</b>	Intent: Commit to You, Align with Life, Purify Your Vessel	Read Lesson 1 - Lesson 3 from <i>Warrior Goddess Training</i> Optional: One exercise each, from Lesson 1 - Lesson 3 of <i>Warrior Goddess Training Companion Workbook</i>
3	<b>Dec. 1</b>	Inspiration: Ground Your Being, Energize Your Creativity, Claim Your Strength and Ignite Your Will	Read Lesson 4 - Lesson 6 from <i>Warrior Goddess Training</i> Optional: One exercise each, from Lesson 4 - Lesson 6 of <i>Warrior Goddess Training Companion Workbook</i>
4	<b>Dec. 15</b>	Intuition: Open Your Heart, Speak Your Truth, Embody Your Wisdom	Read Lesson 7 - Lesson 9 from <i>Warrior Goddess Training</i> Optional: One exercise each, from Lesson 7 - Lesson 9 of <i>Warrior Goddess Training Companion Workbook</i>
5	<b>Dec. 29</b>	Integration week (no live class this week)	Catch up on recordings, review readings and exercises.
6	<b>Jan. 5</b>	Impeccability: Choose Your Path	Read Lesson 10 + Epilogue from <i>Warrior Goddess Training</i> <u>and</u> pick two exercises from Lesson 10 in <i>Warrior Goddess Training Companion Workbook</i>

# Warrior Goddess Leadership Training

## Training Course Schedule

<i>Module</i>	<i>Date</i>	<i>Topic</i>	<i>Notes</i>
1	January 12	Foundations of Sacred Leadership	
2	January 19	What is Your True Work?	
3	January 26	Holding a Container	
4	February 2	The Warrior Goddess Way	
5	February 9	The Art of Creating Dynamic, Experiential Classes	
6	February 16	Workshop Wisdom: Tips and Power Tools	
7	February 23	Outreach and Calling In Your Community	
8	March 2	Wisdom from the Field	
9	March 9	Inclusion, Accessibility and Justice	
10	March 16	Practicing with Peers	
11	March 23	Practicing with Peers	
12	March 30	Closing Session with Ritual	

\*All classes are from noon-1:30 pm California Time/3-4:30 pm New York Time

# Warrior Goddess Leadership Training

*Virtual Live Intensives*

## **Reclaim Workshop Part 1**

*Saturday, January 22*

workshop: 8 am - 11 am Pacific Time

## **Reclaim Workshop Part 2**

*Sunday, January 23*

workshop: 8 am - 11 am Pacific Time

## **Required Reading**

*Warrior Goddess Training* by HeatherAsh Amara  
*A Little Book on Big Freedom* by HeatherAsh Amara

## **Recommended Further Reading**

*Awaken Your Inner Fire* by HeatherAsh Amara  
*The Four Agreements* by don Miguel Ruiz  
*White Fragility* by Robin DiAngelo  
*My Grandmother's Hands* by Resmaa Menaken