



Feedback from Level Two Trainer Pilot Program - Level Two Trainer Candidate

Name of Level Two Trainer Candidate: \_\_\_\_\_

Name of Experienced Level Two Lead Trainer supporting candidate:

\_\_\_\_\_

(must have been the Level Two lead trainer of the planned module at least 3 times)

Module to be co-taught: \_\_\_\_\_ Dates: \_\_\_\_\_

Location: \_\_\_\_\_

Both trainers must be present for 100% of the course, and commit to:

- Discussing with each other both before and after the course what is unique about being a level 2 trainer,
- Filling out this feedback form and returning it to KRI,
- Collecting outcome-based feedback from the students in this Level Two module so we can assess how successful the pilot program was.

KRI will determine at the end of the course, based on the feedback from the experienced trainer and the students, if you will be certified as a Level Two trainer (Lead or Professional) at that time, or if you will be asked to co-teach in another module.

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What 5 competencies, skills, or values did you discover to be unique to being an excellent Level Two trainer (different from the competencies already assessed as part of the Level One trainer pathway)?

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

4.

\_\_\_\_\_

5.

\_\_\_\_\_

Were there any competencies from the Level One trainer pathway that you feel must be even more highly developed to be an excellent Level Two trainer? If so, please be specific - which competencies and to what degree do they need to be developed?

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What else did you learn about what it takes to be a Level Two trainer (e.g., if you were to give advice to someone about to train in their very first Level Two course, what would you tell them)?

ATA Level 2 Pilot Feedback form - new trainer. Version 12/20/17.

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What were the appropriate “Content Credits” in this module - what concepts or specific knowledge/personal experience about/with the teachings would a trainer need to have before they could adequately teach it?

1. 

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2. 

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3. 

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4. 

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5. 

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How successful do you think the course was in delivering the learning objectives for that module?

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What worked well in the course, in terms of helping deliver those course objectives?

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What could have been improved in the administration or delivery of the course that could have improved the students’ achievement of the course objectives?

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Any other comments, about the course or this pilot testing process?

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### **Desired Outcomes of Level 2:**

- A conscious process of self-transformation through self-reflection, allowing a differentiation of your vast, intuitively connected 'Self' from your limited, reactive 'self', in order to access increasingly more of your full potential
- Rebirthing to change your self-concept and narrative/story
- Shine the light of awareness on your shadow self/hidden agendas to create wholeness and the ability to truly be you in all situations
- A systematic application of the teachings in daily life to remove blocks to the experience of your unique potential as a teacher and to build the self-sensory human in each of us
- Going from me to we to participate in my community as a tolerant, compassionate and selfless leader building group consciousness.
- Deliver a deep experience of the five core facets of transformation:
  - Breaking the Mask, to use the power of your communication consciously to create mutuality
  - Conquering the mind through meditation to live intuitively
  - Understanding & healing your masculine & feminine polarities to experience the selflessness within yourself to know the other person is you
  - Perpetual, preventative habits to create invincible vitality and victory over the ups & downs of life.
  - Truly understanding your lessons and stages from womb to childhood, adulthood and death/liberation

### **Profile of a Level 2 Graduate:**

- Tolerant, compassionate, selfless human and leader
- An individual who is cleaning their subconscious regularly, healing their inner child, and so can help others to do the same through their example and teaching.
- A person who can zero their ego, process anything, and become neutral
- One who can truly listen without bias and understand the truth

### **Skills learned in all five modules:**

- Learning to process together in a peer group, and all the skills/benefits that entails
- How to Design & Deliver a Workshop
- And an overlap of many of the above skills in multiple modules

### **Skills Delivered by Module**

- **Conscious Communication**
  - Shunia: learn to zero the ego, to create the silence within as your center point, and become aware of my will vs. Thy Will
  - Sunniea: break the blocks to deep, honest listening (with no prejudice)
  - Self-assess, identify habits, strengths, weaknesses to consciously communicate

- Learn to communicate consciously & effectively at a frequency with the chakras
  - Learn to communicate effectively as a part of groups/teams
  - Learn to communicate consciously while under attack, insult or provocation
  - Recognize and deal with your hidden self & its agendas
  - Recognize the power of your presence to deliver
  - Learn to pray effectively and dwell in God
- **Mind & Meditation**
    - Understand the nature of the mind, and how to gain control of it
    - Recognize/understand the 3 minds and gain expertise at processing through all three
    - Developing intuition as a central goal of Kundalini yoga
    - Understanding flow of thoughts, cloaking & subconscious intrigues
    - Understand the three types of meditation
    - Confront & clear out your worst fear to be happy
    - Learn fearlessness, and pierce through self-deception
    - Clear blocked emotions & talk to your mind: confront, train & refine it
    - Identify your family patterns and their impact on you
    - Learn how to deal with information overload & insanity: stabilize neutral self & bless all
    - Recognize your craziness and your reality
    - Become a spiritual warrior, acting in your light, riding your darkness
- **Authentic Relationships**
    - Recognize and accept polarity to love beyond limits
    - Handle conflict consciously
    - Intuition over emotion and impulse
    - Understanding love is selflessness within yourself
    - Create a conscious relationship to yourself and your life
    - Clarity to commit: Mutual Agreement
    - Male & female energy and identity
    - Sexuality, creativity & endurance in relationships
    - Complementing & supplementing in relationship
    - Recognizing false core, self-deception & fulfillment
    - Drop fear, anger & break through mother/father phobias
    - Building ethical relationships as a teacher
    - Identify your legacy
- **Vitality & Stress**
    - Assess your stress levels & their impact on you
    - Identify your 'stress personality'
    - Become aware of the difference between stress response & relaxation response
    - Build your vitality model, and a lifestyle for endurance

- Create self-renewal & gratitude
  - Go deeper into Shunias, gratitude & removing the ego's false identity
  - Understand emotions role in creating stress
  - Understand fragmentation & sub-personalities
  - Develop mastery of time and stillness
  - Food as medicine
  - Creating perpetual, preventative habits
  - Sleep, sadhana, & ishnaan
  - Balance in effort, action and rest
  - How to cross the crises of life
  - Decisions under stress: intuition & excellence under pressure
  - Kriyas for boundless vitality
  - Building community and seva
  - Leadership & healing presence in Aquarian stresses, disaster & conflict
- **LifeCycles & LifeStyles**
    - Identify the challenge & choice of each stage of life
    - Map out the cycles of the self
    - Understand lifestyle as a key for health, prosperity & spiritual growth
    - Rebirthing to attune yourself to your current life cycle
    - Identify formative life cycles & early impressions in the subconscious
    - Form a mutual personality
    - Rebirthing to counter insecurity and anger
    - Establishing habits for body, mind, spirit and communication
    - Clear the impact of the early school years
    - Understand the teenage brain, impulse and identity
    - How to create endurance, stamina and success
    - How to live fearlessly
    - Balance of family, work, self and others
    - Understand mid-life crisis
    - Master the shadow and find the self
    - How to cross Shakti-pad
    - Find inner direction and reach your destiny
    - Choice between Maya and maturity
    - Secrets of aging well & sensing the timeless reality now
    - What is your legacy? Passing on wisdom, values and mentoring the future
    - Life is a chance to write one line in the heart of God
    - The Journey Beyond and the five ethers