

Student Guide: 501210 SG-WO

Introducing the CAM “Choice Pyramid”



Student Guide – Workshop Overview

“Your Beliefs: How They Affect Your Life”



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1. COURSE BACKGROUND

1. Purpose

This document is a Student Guide – Workshop Overview for courses 1600-14-10 (Face-to-Face workshop) and 1600-14-20 (Web-Based workshop) about the subject “Your Beliefs: How They Affect Your Life”.

The education about this subject is simple, compelling, and essential because you:

1. Will see how **beliefs operate in yourself** and others
2. Hear supporting **evidence** about beliefs
3. **Connect with this evidence and relate it to yourself**
4. **Engage yourself in your own belief system** as never before

2. Course Goal

The overall goal of our education is for you to connect to your Beliefs:

1. **Context and content** for your own beliefs and how they can effect you
2. **Uncover hidden parts** of your beliefs and understand their impact
3. **Gain awareness** about what it takes to implement changing a belief
4. **Create and begin to shape one new belief**, so that you can start using your new model immediately with a favorable outcome: practicing will allow you to see its effectiveness.

3. Workshop Topics

The workshop session takes place Pacific Standard Time. The course covers 9 fundamental topics:

Item#	Topic	Minutes	Topic Objective
1	Introduction of Course	7	You don't need experts
2	Strike a Starting Point	3	Materials & Starting Exercise
3	What Are Our Beliefs	20	Evidence & Choice Pyramid
4	Sample Your Beliefs	15	ACB & Inspect some beliefs

