

Programs and Services



SCHEDULE and VENUE: TBA

1. Born to be a Hero

Soaring high begins with the knowledge that you can and are born to fly.

Born to be a Hero is a free 3-hour skills-building session that focuses on the importance of investing in one's personal growth.

The program is designed for college students and young professionals. Participants acquire deeper awareness and appreciation of the fact that we are born to make a difference and that the way to realize our destiny as heroes is our commitment to self-development. Participants discover ways and learn skills to reconnect with that heroism, to maximize their potentials, and to gain momentum in achieving their dreams.



SCHEDULE: 1st Wednesday of the month (beginning May 2010)

VENUE: TBA

2. Free to be a Hero

Even the regal eagle can't fly with a broken wing:
Break free from what blocks you from being the hero that you are

Free to be a Hero is a free 3-hour skills-building session for college students and young professionals which reinforces that we are not only destined to make a difference but are also born with the freedom to do so.

As we were growing up, several influences, situations and factors – such as fears, mistakes, regrets, and frustrations – increasingly inhibited us from becoming the best that we can be. These blocks prevent us from being fully free to make our mark in this world in ways all our own. In *Free to be a Hero*, participants expand their awareness of how free or “unfree” they have been and how *freer* they can be to be themselves and to actualize their aspirations.



Program consists of:

- Plenary session
- Three (3) one-on-one coaching sessions
- Synthesis

Program fee: Member: Php 5,500.00
 Non-member: Php 6,500.00

Schedule and Venue: TBA



Program consists of:

- One (1) 5-hour session

Program fee: Php 1,650.00

*includes FREE 1-year MEMBERSHIP

SCHEDULE: 1st Saturday of the month (beginning May 2010)

VENUE: TBA

4. Discover Your Core (DYC) – Phase II

Discover Your Core – Phase II is a skills-building program that deepens the learning from DYC – Phase I as participants actualize their action plan.

As DYC – Phase I focuses on expanding self-knowledge primarily through assessments, *DYC – Phase II* concentrates on the continuous practice and mastery of the skills that the participants acquired from Phase I. Moreover, participants receive more focused and customized coaching and mentoring; they learn new skills and accomplish assigned tasks that are specifically designed for the deepening of their process and for the achievement of their set goals. As a result, graduates of the DYC – Phase II program develop clearer direction and greater confidence in actualizing their action plans.

Pre-requisite: DYC – Phase I

5. EnCORE

STEP UP, LEAD AND SUCCEED!

Know what you're good at, **Communicate** what you're good at, and **Influence and Lead** others to be good at it, too.

Encore, as it is defined, is a repetition of a performance. For One CORE, it is a duplication of what we do – equipping individuals who inspire and help others make better life decisions. Each participant will be equipped with skills to **stand out, lead, and gain a competitive edge** among the contemporaries of their chosen line of work.

Through assessments and workshops, EnCORE equips participants with skills that enable them to identify and master their ability to communicate their talents and capabilities to others. Empowered with such skill set, participants are able to inspire and influence others – bringing out their best potential and guiding them to succeed. As such, participants become more effective leaders, as they are more capable to impart mastered skills and also make others good at what they do.



6. TORCH: The One CORE Leadership Development Program

Blaze your trails. Enhance the leader within.

TORCH: The One CORE Leadership Program equips individuals with leadership skills and structured learning experiences that promote greater self-awareness and character development.

Specifically, TORCH aims to aid participants in their character formation and in maximizing their leadership potential through the 3C's - Communication, Confidence and Competence - covering topics such as:

- Personal Values and View of Self
- Effective Communication and Leadership
- Prioritization and Time Management
- Importance of Decision-making and Goal-setting

The program consists primarily of mini-lectures and various methods that promote structured learning experience (SLE), such as team-building exercises, small group discussions, role-play, sharing and practice of skills, which foster a fun and creative environment for introspection, skill-building and leadership development.

The **TORCH Teen Edition** caters to high school students (young adults ages 13 to 18).

The **TORCH College Edition** caters to college students (young adults ages 18 to 22).

The **TORCH Road Show** version is a 1 ½ to 2-hour talk given for free to all private and public schools in NCR and is done within the schools and throughout the school year.

The **Parent-One CORE Partnership** is an optional counterpart for parents. The program will help parents enhance their relationship with their teens, to connect with them, and to have new things to talk about. Furthermore, the program will assist their children to sustain learning from the TORCH program.

TEEN EDITION

- Four (4) 4-hr sessions
 - 4 consecutive Saturdays
 - 8:00AM – 12:00NN
 - Program Fee: Php 3,750.00
 - Includes FREE 1-year MEMBERSHIP
 - Specific schedule and Venue: To be Announced

COLLEGE EDITION

- Four (4) 3-hr sessions
 - 4 consecutive Saturdays
 - Program Fee: Php 3,750.00
 - Includes FREE 1-year MEMBERSHIP
 - Specific schedule and Venue: To be Announced

Parent-One CORE Partnership

- 3-hr session
- Program Fee: Php 1,350.00
- Specific schedule and Venue: To be Announced

***10 percent DISCOUNT for more than one child/parent enrolled.**





SCHEDULE: 2nd Wednesday of the month (beginning May 2010)

VENUE: TBA

7. Free to be Me

Free to be Me is a FREE session for gays and lesbians. The program provides for a guide towards beginning one's journey toward becoming genuinely hurt-proof and hurt-free. The session reinforces that we not only need to break free from those things that hinder our growth. More importantly, we need to claim the freedom that we are born with to be ourselves and to accept who we are, regardless of how the world sees us.



Program consists of:

- One (1) 5-hour session

Program fee: Php 1,650.00

*includes FREE 1-year MEMBERSHIP

SCHEDULE: 2nd and 3rd Saturday of the month (beginning May 2010)

VENUE: TBA

8. eMANcipate

Because a person is not defined by one's orientation

eMANcipate is a comprehensive and in-depth skills-building workshop that is specially designed for lesbians and gays. The program aims to be a purposeful beginning to one's personal process of liberation from how the world looks at you to facing the world with pride and flair. Learn the skills to appreciating who you are, building and nurturing sincere relationships, and reaching your full potential.

As a result, graduates of the program:

- Acquire deeper awareness and acceptance of self – an ingredient necessary for true success in life.
- Develop greater confidence and certitude in their uniqueness, while also maximizing their strengths and identifying areas for personal and/or career growth
- Learn skills that enable them to master proper and effective presentation of self in various situations

NOTES:

- **FLEXIBLE INSTALLMENT PLANS ARE AVAILABLE.**
- A special run/exclusive session of any One CORE program can be arranged for groups of at least 4 people. Please call the One CORE office or email us for these requests.
- Any of the One CORE programs can be held in your school or for your organization. Please call the One CORE office or email us for these requests.

Contact details:

OneCORE
Unit 302 MQI Centre,
E. Abada cor. R. Alvero Sts.,
Loyola Heights, Quezon City
436-4143
contact@theonecore.com
www.theonecore.com

Thank you!