

# Foundations

DISCOVER THE POWER  
OF SELF-AWARENESS



# Foundations Program

The purpose of Foundations is to foster a safe and intentional environment for individuals to grow in self-awareness. The reason self-awareness is so important is its power to open us up to see more clearly and to better choose what we want for ourselves and our communities. This program is rooted in the concept of servant leadership and promotes living with greater authenticity. The more aware we become of ourselves, paired with the courage to live with integrity, transforms our way of being to be that of service to others.

## What to Expect

Foundations is comprised of twenty sessions which occur approximately twice a month and are three hours in duration per session. The program typically spans the length of a full calendar year.

We begin the program by developing an understanding of three core characteristics which are foundational to the human person – Wholehearted, Community Minded, and Justice Oriented. After this introductory period, we explore the following principles:

**Compassion | Power | Listening | Paradox  
Scarcity and Abundance | Certainty and Curiosity | Purpose**

The program then focuses on application. Participants will tend to their own internal assumptions and safety strategies which may be limiting their sense of wholeness and their ability to serve others. They will also explore what may be preventing them from accessing greater meaning and purpose within their lives.

The program concludes by discerning how to best utilize what we have discovered and in celebration of the inner work we have accomplished.



# Cost and Scholarship

The tuition for Foundations is \$2,100 per participant with a \$100 deposit due at the first session. We believe in equity and inclusion, and therefore provide several scholarship/financial assistance offerings to those who may find the cost prohibitive. We never want the cost of the program to be the sole reason someone chooses not to participate.

“I walked away from the Foundations program with a deeper self-awareness and understanding of the interconnectedness of our world. I believe both to be crucial in growing into a more holistic servant leader. The program also inspired me to take the next step of actually practicing servant leadership in my community.”

— Jordan Justice




# What's Next?

Enrollment for the program occurs continuously and cohorts are launched throughout the calendar year. For more information or to register, please connect with us and we would be happy to provide support.

Contact:

Bryce Roberts

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“Foundations came along at a time in my life when I was feeling lost... It was not easy, it requires me to do a deep dive into myself, into my heart, into my soul. My biggest takeaway, and something I try to live up to today, is being true to myself. To live authentically and in my truth no matter how hard it is. Foundations shook my world to its foundation, in the absolute best way possible.”

– Danielle Johnson

“The program was one of the best experiences I’ve ever had. It allowed me to be more conscious of how I show up and the importance of listening and being present. Yes, I work with the people in the group but the things I was able to learn from them, in a bit of a different environment is something I will cherish and forever carry with me.”

— Jen Grodi