



ACADEMY
OF CREATIVE COACHING



40 CCE
CREDITS

The
EPIC JOY
COURSE

5 DAYS IN COSTA RICA
OR 6 WEEKS OF COLLABORATIVE
ONLINE LEARNING

COACHING. WELL-BEING. JOY



the
EPIC JOY
COURSE

THE EPIC JOY COURSE & RETREAT IS
A POWERFUL SPACE THAT GRANTS US
PERMISSION TO SAY YES
TO JOY, WELL-BEING, PEACE IN
SPIRIT, AND INVIGORATING
CONNECTION.



COURSE GOALS



UNDERSTANDING JOY

We begin by truly understanding what EPIC Joy means and how it touches every aspect of our lives. We will explore how joy, deeply intertwined with our well-being, shapes our experiences at home and in our workplaces. We'll also look at barriers to joy so that we can dismantle them and open the door to a more joyful, fulfilling life. The goal is to recognize that joy is a powerful force that impacts our mental, physical, and emotional health.

CREATING JOY

Creating joy is about feeling it in your bones and nurturing it in your heart. Through engaging activities and reflective exercises that make you feel alive and workshops that help you connect with your inner self, we'll immerse ourselves in the experience of joy. This part of the retreat is designed to help you tap into the kind that grows from within and radiates outwards.

PRACTICING JOY

Finally, we focus on integrating joy into our daily routines, so that the benefits of this retreat continue to grow long after you leave. We'll work on personal strategic approaches that incorporate joy practices into your personal and professional life. The goal is to create a sustainable joy practice that you can carry with you, share with others, and build upon over time. **We're building a community of joy practitioners that earn a CCE-approved certificate of completion at the end of this experience.**



WHY COSTA RICA?

Home to One of the World's Blue Zones: Costa Rica's Nicoya Peninsula is one of the seven Blue Zones in the world, areas renowned for their residents' longevity and high quality of life.

Stunning Natural Beauty: Costa Rica boasts a diverse range of landscapes, from pristine beaches to lush rainforests. This natural beauty creates a serene and inspiring backdrop for relaxation, reflection, and rejuvenation.

Commitment to Sustainability: Costa Rica is a global leader in environmental conservation and sustainable living. This provides an eco-friendly setting that supports well-being and the health of the planet.

"Pura Vida" Lifestyle: The Costa Rican philosophy of "Pura Vida," or "pure life," emphasizes the joy found in simple pleasures, savoring life, and the strength of community. This ethos of living joyfully and appreciating the present moment are central to EPIC joy.



THE RETREAT & COURSE: WHAT'S INCLUDED

The EPIC Joy Retreat is an all-inclusive experience (minus airfare) that includes:

- **40 CCE credits with certificate of completion**
- Transportation from airport, private rooms, freshly prepared meals
- Immersive activities such as Yoga, a beach walks, and local excursions
- Four hours dedicated to each module and group masterminding
- Two one-to-one coaching sessions to explore personal goals around joy and coaching joy
- Course materials (limited edition workbook, journal & joyful things)



THE VIRTUAL STAND-ALONE COURSE

A Non-Retreat Option: The EPIC Joy virtual course is a 12-week cohort-based experience that includes:

- **40 CCE credits with certificate of completion**
- Two weeks dedicated to each module, with live instruction in week one and group masterminding in week two
- Two one-to-one coaching sessions to explore personal goals around joy and coaching joy
- Course materials (limited edition workbook, journal & joyful things)
- **Begins April 1, 2025**



OVERVIEW OF TOPICS

MODULE ONE: UNDERSTANDING JOY

The Top Stressors & Barriers to Joy
Permission to Pursue Joy
Defining Joy & Happiness
The EPIC Joy Approach
Invigorating Leadership

MODULE TWO: ENVISIONING JOY

The Power of Being Seen & Heard
Elements of Self-Love Framework
Identifying Personal Joy Gaps & Barriers
Finding Agency
Emancipatory Coaching Framework

MODULE THREE: ESTABLISHING WELL-BEING

The Social State of Well-Being
The Ethics of Joy & Well-Being Model
Personal & Professional Well-Being
Coaching Strategies for Well-Being
Masterminding Around Well-Being

MODULE FOUR: POSITIONING PEOPLE

The Social State of People Connection
The Communities of Joy Model
Personal & Professional Connections
Coaching Strategies for Connection
Masterminding Around Connection

MODULE FIVE: INTEGRATING JOY PRACTICES

The Social State of Joy
The Practices of Joy Model
Personal & Professional Joy Practices
Coaching Strategies for Joy Integration
Masterminding Around Joy Practices

MODULE SIX: CREATING CHANGE

The Social State of Change
The Revolutionary Joy Model
Personal & Professional Life Change
Coaching Strategies for Creating Change
Masterminding Around Creating Change



YOUR WHY

HERE ARE SOME BENEFITS TO CONSIDER:

- **Certificate of Completion:** You'll receive a CCE approved certificate of completion at the end of the retreat.
- **Connection with Like-Minded Individuals:** This experience offers a unique opportunity to connect with a diverse group of individuals who share a commitment to enhancing their well-being and joy.
- **Hands-On Joy Creation:** Through guided exercises, excursions, and workshops, our curriculum offers practical techniques to cultivate authentic joy from within.
- **Strategic Integration of Joy Practices:** You'll have daily opportunities to strategize around how to integrate joy into your daily life by developing a personalized action plan to put into action at home and work.



PRICING & PAYMENT

SINGLE ROOM: \$4495

DOUBLE ROOM: \$3495

VIRTUAL COURSE: \$1495

PAYMENT OPTIONS INCLUDE:

- CREDIT CARD
- APPLE PAY
- GOOGLE PAY
- CASHAPP PAY
- KLARNA, AFFIRM & AFTERPAY (PAY OVER TIME)



The
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COURSE

COSTA RICA RETREAT OR
VIRTUAL LEARNING

COACHING. WELL-BEING. JOY.

COME WITH US! WE'RE
GONNA GO LAUGHING.

RESERVE YOUR SPOT TODAY!
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