

The Seven Steps to Knowledge, Strength, and Compassion

1 MINDFUL INTENTION:
What do I really want?
Explore the dynamic psychology of our daily lives and the impact of developing our awareness of what we really want, how we can achieve it, and how to avoid habitual behaviors that thwart our happiness.

2 INTERCONNECTION:
Everything is connected
Examine the interconnected nature of our world, how the global impacts the personal, and our thoughts and actions directly affect ourselves, others, and the environment.

3 CHANGE:
Everything changes
Recognize the freedom that comes by understanding the pervasive nature of change and the endless possibilities available to us in every moment.

4 PERCEPTION:
My mind creates my reality
Develop understanding of the nature of perception through exploring neuroscience, psychology and ancient wisdom to discover how we create our view of ourselves and the world.

5 TRANSFORMATION:
Transforming harmful emotions
Explore the nature of emotion and the freedom to choose responses that will impact our lives and the lives of those around us in a positive way.

6 EMPATHY:
Extend your understanding to others
Awaken empathy by observing the universal wish for happiness, realizing the kindness of many and recognizing how fortunate we are to be able to make a positive difference in the world.

COMPASSION:
Put your compassion into action!
Take action to use our newfound inspiration and empowerment in positive and beneficial acts towards others and ourselves.



Creating Compassionate Cultures

4746 Soquel Drive, Soquel CA 95073

Phone: (831) 462-6011

info@creatingcompassionatecultures.com

www.creatingcompassionatecultures.com



Creating Compassionate Cultures

Creating training and tools to empower anybody, anywhere to make a positive difference in the world.

Creating Compassionate Cultures (CCC)

offers a secular education program based on a blend of ancient wisdom, scientific research, and practical experience for awakening and nurturing the hearts and minds of children and teens so they can lead happy, successful, and meaningful lives. CCC empowers them to make a positive difference in their personal lives and in their communities.

CCC's core premise is that all human beings possess the ability to develop their innate wisdom, ethical sensibilities, and empathetic understanding, and that the aim of education is to help children grow into well-rounded individuals and responsible members of the world community.

We believe that the healthy development of a child proceeds along three interconnected pathways: knowledge, strength, and compassion.

CCC is affiliated with the global organization, *Universal Education for Compassion and Wisdom*.
Tara Redwood



School, located in Soquel, California, is the pilot school for the implementation and development of the CCC *Seven Steps to Knowledge, Strength, and Compassion*, providing a training ground for interns wishing to integrate this work into schools and programs for children of all ages.

At Creating Compassionate Cultures, we strive to make our vision a reality by providing services for children, teens, families, teachers, and members of the professional world. Our services include the following programs and projects:

- preschool & K-6 education programs
- interactive programs for teens
- workshops and teaching series for teachers, parents, and professionals
- online training
- film nights and yoga classes
- educational products that support the Seven Steps

Our Vision is to empower children, youth, families and communities to make a positive difference in the world.

Our Mission is to awaken knowledge, strength and compassion for living a happy successful and meaningful life.

Our Goal is to expand our educational resources to communities around the world so that people of all ages can benefit from the Seven Steps methodology..

We believe if we develop an understanding that the source of happiness lies within ourselves, this becomes the seed for developing psychological wellbeing. Similarly, if we nurture the discovery that benefiting others is a reliable path to happiness, we can cultivate more compassionate cultures.

