

Program Outline - 16 Sessions/ 20 Hours

Session	Duration (Approx)	Focus	Materials/ Worksheet
1	1.5 hours	HHQ Debrief Cellular Healing Meditation (Initiation) Start Journal	HHQ Report QoL - 1 (Baseline)
2	1.0 hours	Life lived so far: highs, lows & patterns	Ex-1 Lifeline
3	1.0 hours	Physical Stressors	Ex-2 Physical Stressors
4	1.0 hours	Emotional Stressors - 1	Ex-3 Emotional Stressors
5	1.0 hours	Emotional Stressors - 2	Ex-3 Emotional Stressors
6	1.0 hours	Mental Stressors - 1	Ex-4 Mental Stressors
7	1.5 hours	Mental Stressors - 2	Ex-4 Mental Stressors
8	1.0 hours	Recap (Sessions 1-7 plus journal) & Cover gaps Interim Review	QoL - 2
9	1.5 hours	Systemic Stressors	Ex-5 Systemic Stressors
10	1.5 hours	Spiritual Stressors	Ex-6 Spiritual Stressors
11	1.0 hours	Stressor Map Recap (Sessions 9-10) & Cover gaps	Ex-7 Stressor Map
12	1.0 hours	Dialogue with Death	Ex-8 Dialogue with Death
13	1.5 hours	Discovering Life Purpose	Ex-9 Life Purpose



THRIVER Program

To enrol, email anamika.chakravarty@cancerawakens.com

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Page 2

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14	1.5 hours	Personal Equilibrium Plan	Ex-10 PEP
15	1.0 hours	Recap (Sessions 12-14) & Cover any gaps Action Plan & Priorities	Ex-11 Action Plan
16	1.0 hours	Review Journal & Feedback Final Review & Next steps	Feedback form QoL - 3
3 months after program		Tracking progress	QoL - 4