



# Freedom 101 Itinerary

(Note: The seminar is dynamic, adjusted throughout to meet the needs of the particular students of each class; therefore the concepts outlined below may be re-organized or re-structured during the course of the weekend.)

## ***Program Sequence:***

### **1. Thursday 6-10 P.M.:**

- Staff and Program Introductions
- New perspectives w/examples discussion
- Illusions Self-Portrait
  - *Key Concept:* Walls we build that we may no longer need
- Ground Rules vote
  - *Key Concept:* Commitment – what does it *really* mean?
- Students examine individual goals for the weekend
- Line Game
  - *Key Concept:* Whom do we trust? How do we trust?
- Students choose small groups for personal work
  - *Key Concept:* Becoming “centered” - guided relaxation
- *Homework assignment explained*

### **2. Friday 6-10 P.M.:**

- Student reports
- Freedom Square lecture
  - *Key Concept:* Balance
- Directed peer to peer dialogue on fears, barriers and dreams
  - *Key Concept:* How fears, barriers & self-limiting beliefs limit our ability to achieve our dreams
- Guided relaxation exercise on Programming
  - *Key Concept:* Mining the past for unconscious habits
- Small group work/share homework assignment
  - *Key Concept:* Urgency for Change
- *Homework assignment explained*

# Freedom 101 Itinerary

(continued)

## 3. Saturday 9 A.M - 10 P.M. :

(includes 2 working meal breaks w/F101 staff at local restaurants)

- Student reports
  - Steps to Growth Lecture
    - *Key Concept:* Universality of the change process
  - Guided visualization exercises
    - *Key Concept:* Moving through barriers to aspirations
  - Victim of Circumstance demonstration
    - *Key Concept:* Intentions/Results & Responsibility
  - Meaning of Forgiveness discussion & guided exercise
    - *Key Concept:* Reclaiming lost energy
  - Small Group Feedback Exercise
    - *Key Concept:* Others as Mirrors
  - Team Exercise
    - *Key Concept:* Seminar Summary
- *Homework assignment explained*

## 4. Sunday 8 A.M - 12 P.M. :

- Weekend review/recap
  - *Key Concept:* Tie together Freedom 101 themes
- Student reports/commitments
  - *Key Concept:* Students review weekend goals met
- S.M.A.R.T. goals
  - *Key Concept:* Students establish measurable goals
- C E L E B R A T I O N !
  - *Key Concept:* Importance of this overlooked piece
- Next steps/follow-ups planned

## 5. Follow-up Reinforcement sessions: Approx: every 1-2 wks

*Material varies w/needs of students, but roughly as follows:*

- 1<sup>st</sup>: Redefining Meaning of Name; New Contract w/self
- 2<sup>nd</sup>: Reviewing progress w/contract and new goals
- 3<sup>rd</sup> -5<sup>th</sup>: “Pay It Forward”: Prep. to assist others &/or next class



## **FREEDOM 101**

### **THE ADVENTURE OF A LIFETIME**

*Freedom 101* is an extraordinary four-day adventure in which you get to look clearly at your own life. During *Freedom 101*, you are challenged through various activities and exercises to look deeply at who you are and how you make choices in life. You focus on YOU. You are encouraged to look at your life and think about what is working for you in life and what isn't – without any judgment or criticism. You are encouraged to explore what it is to be truly free.

*Freedom 101* gives you the opportunity to be and experience yourself as something different than who you've always known yourself to be. You will discover qualities and talents that you didn't know you had, simply because of the way you thought. During *Freedom 101* there is some quality in all of us that emerges as something we have not recognized before.

How you see your life, and how you approach what life has to offer, changes over the course of four days.

#### **If you want . . .**

- Control of your life (even in jail),
- To stay out of jail, forever, once released
- Great relationships
- Success in life

**then, *Freedom 101* is for you!**

*Freedom 101* is an adventure, full of challenge, excitement and fun. It is often light and playful, and sometimes even a bit scary. It is always open, supportive and positive.

*Freedom 101* takes place in the jail library and is open to any age range and education level. It is not a religious program and is not affiliated with any church.

## THE PURPOSE

*Freedom 101* helps people to achieve more of the results in their lives that they really want. Freedom 101 is open both to people who are satisfied with the way life is going and those who are not. Many people participate in *Freedom 101* because they feel something is missing in life; that something is unfulfilled or not quite right.

*Freedom 101* is about looking – looking deeply at your life and making healthy choices to create the results you want for yourself. It is about getting unstuck – finding the “guts” and support to start reaching for your dreams. Many participants remember what it was like for them being a child – everything seemed possible and there were great hopes for the future and life was full of promise. *Freedom 101* helps renew that sense of freedom and adventure that so many of us had as children. Some participants never remember being hopeful and excited about life, even as children. For them *Freedom 101* sparks excitement and passion for life.

*Freedom 101* is not just about being happy. That’s only one of the aspects of what it is to be human. Freedom 101 also helps you relate better to the important people in your life. It’s an opportunity to stop being a “victim” in life and become accountable for your choices and behaviors. Many participants, after doing *Freedom 101*, begin thinking about their mission and purpose in life.

*Freedom 101* is not designed to change you, nor to make you “better”. It is designed to help you discover and “show up” as the person you genuinely want to be in life.

## TESTIMONIALS

### WHAT OUR PARTICIPANTS SAY ABOUT *FREEDOM 101*

You have inspired me to succeed in life no matter what obstacle I have to conquer. I know I’ll be fine this time with my new life because I’m taking care of myself first, and then everything will follow. You made me feel so much at ease and comfortable in our class. I would really like to come back after I’m released to talk to other inmates. I would really like to help make a difference in someone’s life. . . I hope that someday soon Freedom 101 will be in every jail system. I believe it would help a lot of people. There are a lot of good people here in jail. They just need help breaking through.  
—Mark S.

The seminar made me realize that I can be a success and feel free doing it. Instead of being lost and afraid of what tomorrow will bring, I wake up every morning with a smile on my face excited and prepared for whatever the day has for me.  
—Sara C.

I felt that I had lost my last hope, but Freedom 101 came and gave me back the hope I lost and gave up on. Like you all say “When the student is ready the teacher shall appear.” I cannot think of a better time for you to appear because this student was ready! Thank you . . . for Freedom 101 . . . and for giving me hope when I was ready to cash in the last of my hope. Thank you for your time and love.  
—Scott T.

Thank you so much for everything. You guys made me take a good hard look at myself and I saw something I had never seen before, I saw a good person.  
—Robert C.

I thought by the name of the course it was to teach us how to act once we were freed from jail. How wrong I was. . . Even though I’m still in jail, I feel more free than I ever have in my life. I recommend this course to all.  
—Melissa K.

The class was made interesting because if had real everyday people just like me teaching it. The group leaders were like family – you could do no wrong. The things they were teaching most of us already knew, but we didn’t know how to use them in every day life. I’m 50 years old. . . with 35 years of drugging & drinking. My first thought on Sunday was to call my wife and tell her I love her no matter what, and will do just that.  
—Dennis S.

My grandson recently attended one of your classes at the Harrison County Jail. I don’t know what you do, but it seems to have changed his thinking and helped him immensely. I’m interested in finding out more about the Freedom 101 class.  
—Joyce S.

*Freedom 101* is offered by the Harrison Education & Literacy Program (H.E.L.P.), a non-profit corporation. It is with sincere appreciation that we say “thank you” to our amazing and dedicated volunteers. We welcome, encourage and need new volunteers. For more information contact: [dbullett@freedom-101.org](mailto:dbullett@freedom-101.org) or call 502-544-9006 or write: