

# WELCOME

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INTERNATIONAL  
*Parenting & Health*  
INSTITUTE

*Holistic Training, Education and Support*

# History of IPHI

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1996 began health and fitness discovery and professional journey

After 9 years of professional training and experience both on the front lines and in business management, it led me to start my own business in 2005, physical awakening

2006 Left Corporate World and Working for Others after 18 years since the age of 10

2008 became unexpectedly pregnant, life changing experience that led me to discover the need for support and education

2009 launched IPHI with a Baby Planner program

2012 launched Holistic Sleep program that then led to a variety of other holistic programs

# Intention & Purpose

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Through a Holistic Learning Approach & Process prepare you theoretically and experientially integrating mind, body and spirit to become a highly skilled and effective holistic coach/consultant in order to transform lives and evolve humanity for optimal living experience.



# IPHI Stance & Commitment- Products

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## Products

IPHI Does Not Push Products for Other Companies. While we may sell our own books, or IPHI related merchandise like t-shirts or banners representing our company, we do not push other company's products or are sponsored by other company's products. While IPHI faculty and team may have their own businesses outside of IPHI and may align with products outside of IPHI, they should not use IPHI as a platform on an IPHI platform privately or publicly to push or sell products whether it's their own or someone else's.

# IPHI Stance & Commitment- Medical/Therapy

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## Medical

As we are a holistic educational platform, we do not endorse or push a one size fits all solution for any health or mental challenges. We do not teach to diagnose, treat or examine and train all of our professionals to refer out to medical and therapy practitioners when necessary. It is up to each individual to decide which solution is best for them and not in IPHI's position to side with a one a medical or therapeutic position. We understand due to a number of factors and variables in any given person and circumstance, there is not one medical or therapy position or solution that may be appropriate for everyone.

# IPHI Stance & Commitment- Political

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## Political

As we are a holistic educational platform, we do not get involved in politics or political agendas. This is outside of the scope of our mission and intention of the IPHI. Political perspectives and agenda's are a personal and individual. While IPHI faculty and team may have their own businesses outside of IPHI and may align with a side of politics outside of IPHI, they should not use IPHI as a platform on an IPHI platform privately or publicly to push a political position whether it's their own or someone else's.

# Holistic Learning Approach

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An approach that seeks to fully activate all aspects of the learner's personality (intellect, emotions, imagination, body) for more effective and comprehensive learning.

## What does holistic mean?

A holistic approach means thinking about the big picture. Whether you're doing holistic parenting, holistic website design, or holistic medicine, know that each change you make to one part affects the whole.

In a coaching/consultant setting, holistic refers to addressing the **whole person**, including their physical, mental, and emotional health, while taking social factors into consideration.

# Learning Journey

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**Personalized vs generalized**

**Theoretical vs experiential**

- **Just don't take our word or research as a measure, put it to the test**
- **Putting it to the test requires an open curiosity**

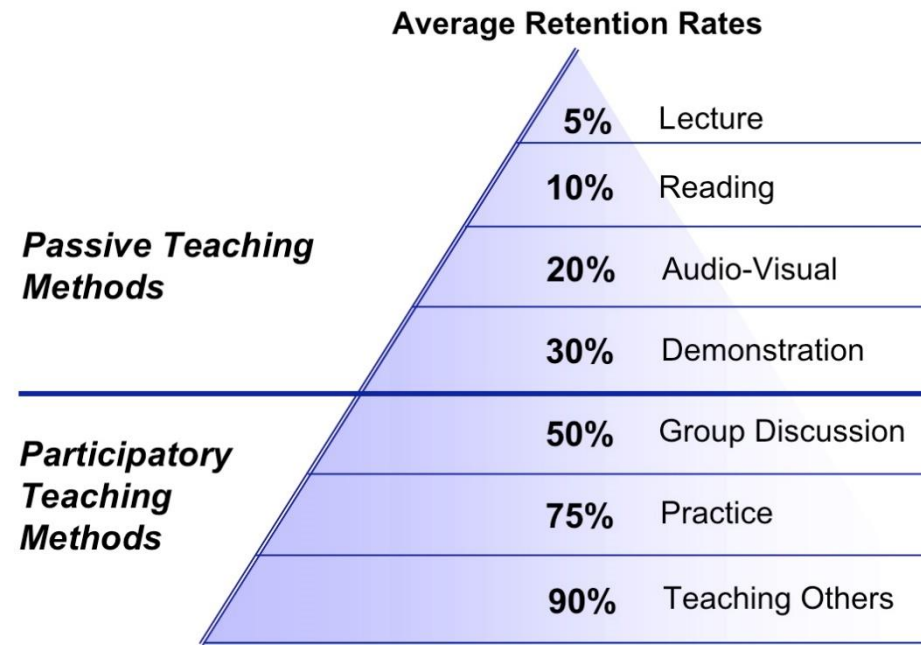
**Online vs Offline**





# Learning Retention/Optimal Learning

## The Learning Pyramid\*



\*Adapted from National Training Laboratories. Bethel, Maine

# Preparing Your Body & Mind to Optimally Learn

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Give yourself an opportunity to take some space, feel your body, feel your breath as you read. Why? Because when your mind and body are present, connected and focused, aka, “physically awake”, you are giving yourself a chance to learn in the most optimal way.

The body is an extension of the brain. When we have an opportunity to learn most optimally, we can expand our way of thinking, develop and evolve in a way that feels most alive and functional, and prevent overworking our minds.

The key to enhanced awareness is a state of complete relaxation and stillness, where energy can be free to flow through you without distraction. Any tension will distract your brain from full attention.

**Awakening Through Sleep book Excerpt**



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# A Rapid Form of Offline Consolidation in Skill Learning via Current Biology

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Published: March 28, 2019

## Highlights

1. Temporal microscale of motor-skill learning reveals strong gains during rest periods
2. Online motor-skill learning may rely largely on gains during short periods of rest
3. Frontoparietal beta oscillatory activity predicts these micro-offline gains
4. This rapid form of consolidation substantially contributes to early skill learning

PDF of research included as an attachment underneath this slide presentation

# The Science of Taking a Break

via OnlineSchools.org

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Many studies have found that pausing for a moment to relax and reboot is essential for achieving productivity, success, and a positive outlook on the future. This is especially true for students who spend hours huddled in front of a computer.

While many believe cram sessions and all-night study groups will ultimately help them earn their college degree, the fact is that not taking regular breaks can lead to a significant decrease in academic performance and, in some cases, serious health concerns like anxiety, insomnia, and depression.

PDF of research included as an attachment underneath this slide presentation

# Content

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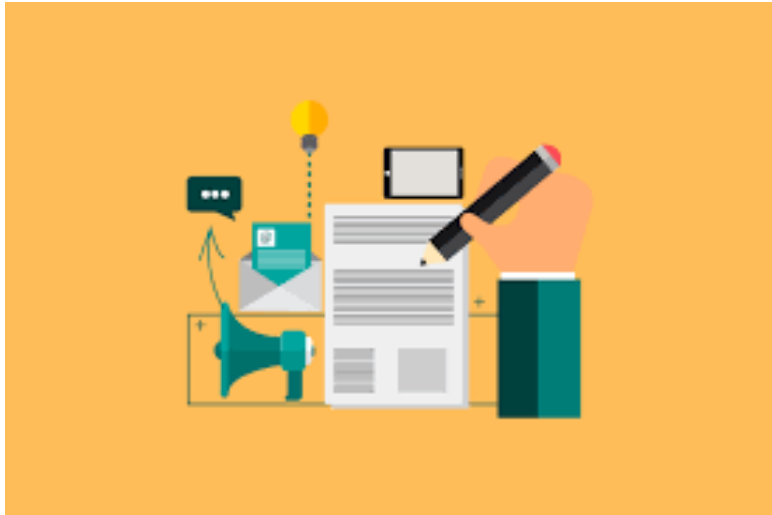
Designed to provide you a whole picture

Updates & Why

Constant Evolving

Student/Graduate Expectations

1. Be open, curious, courageous, autonomous and responsible for your own learning
2. Read all content provided
3. Be mindful not to assume too quickly before you have gathered all the information
4. Do not rush through the program
5. Give yourself space to digest content which allows for deep perception (insights) and experiences.
6. Self-evaluate and be aware of your learning needs to focus on what factors may contribute to achieving significant results.
7. Experiment (Try it for yourself) before you conclude or doubt
8. Gratitude
9. What did you Learn?



# Question Guidelines

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IPHI loves and encourages questioning. We do not judge and expect you to know everything at once. You're on a learning journey to master a skillset for your profession. It takes time. Below are some guidelines to make the learning and questioning experience supportive of all IPHI participants and teachers.

In a support call setting, we ask that IPHI students provide no more than 1-3 questions so that all attendees may have an equal opportunity to share their questions.

We also ask to keep in mind that support calls are meant to cover basic questions that will not involve personal mentoring. If your question relates to a specific client case and you would like an IPHI Teacher to provide you personal guidance on how to work with that case, IPHI teachers are available for one on one mentoring.

Questioning helps us learn, understand more deeply and grow. Questioning is also a skill that can be used effectively so it is important to understand the intention and purpose of your questions.

On the next slide, we cover some types of questions.

# Question Guidelines

## Types of Questions When Learning:

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Often times people ask questions because they may be seeking clarification, want to understand something deeper or simply connect the dots. Sometimes they ask questions because they want to address a concern or confusion. Other times they want to satisfy a need we feel has not been met or they doubt the method or credibility of what they are learning. Rarer times they may ask a question that is too personal or crosses a boundary not realizing it can make someone feel uncomfortable and also not realizing it is not pertinent to their learning experience.

Because you are learning a profession and there are so many parts to the whole to understand, it may take a bit of time before you understand the whole picture. Evaluate Your Questions. Make sure you have taken time to digest all the material, not missed any information in your course content and are not getting ahead of yourself.

In case you are not sure, your IPHI Teacher will be happy to guide you.

# Boundaries

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IPHI holds strong boundaries to guarantee the safety, care and support for the IPHI community.

In our terms in conditions which you can find a link on our on our website footer and also in the enrollment form, you filled out and agreed to, we share our core values, ethics and much more.

This includes revoking a certification when necessary if professional boundaries, policies, procedures are broken for example or terminating a faculty if he/she also breaks professional boundaries, policies, procedures etc.

We want to ensure our alignments are strong and a fit with the IPHI community.



# Feedback

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IPHI loves and encourages feedback. As an international educational company we are growing and evolving each and every day. While we are always doing our best to provide you the best, we also acknowledge there is always room to grow on many levels.

We do not judge your feedback and are a solution oriented company.

In addition to positive feedback, we embrace openly constructive criticism and feel it is an important aspect of everyone's growth.

Constructive criticism is a helpful way of giving feedback that provides specific, actionable suggestions. Rather than providing general advice, constructive criticism gives specific recommendations on how to make positive improvements. Constructive criticism is clear, to the point and easy to put into action. We ask that whatever you constructive criticism you may have, to also acknowledge the opportunity within it for the benefit of everyone so that you understand that IPHI cares and supports solutions as sees fair and fit.

