

THE RISE ADVOCATES® ACADEMY

Syllabus

A Rise with Diana Initiative



¹Feature by the United Nations Development Program

Shockingly, there is not one single country in the world where women are truly equal to men. Not one. Here are just a few reasons why :

- Women are the most educated than they have ever been, but when they hit the workforce, they often face discrimination.
- Discriminatory social norms are deeply embedded in all societies, rich and poor.
- Almost half of men **AND** women think men make better leaders.

At this rate, it will take 257 years for women to have the same economic power as men.

Certainly, we need policy reform. But, policies can only take us so far.

In order to close the gender gap and empower young women, we must root out the invisible power of deeply internalized beliefs, **by thinking differently.**

That's where the Rise Advocates® Academy comes in to help women think differently.



Instructor:

Diana Patton

www.riseadvocates.com

(Click [HERE](#) to read bio)

Purpose of the Rise Advocates® Academy:



- Increase women leader confidence to speak up and close the gender equity gap.
- Increase equity among traditionally underserved people and communities.
- Create a safe space and community among women leaders to share and practice speaking their truth.
- Assist women leaders to understand, discover, treasure and articulate their unique gifts, talents and personal story as a means to create change.

Outcomes:

- Increased visibility within the company and community
- Increase income and salary potential, and methods to attract and secure financial wealth.
- Deeper and more fulfilling personal and professional relationships
- More awareness of own personal brand and how to maximize brand potential.
- Ability to negotiate and handle large complex deals, difficult situations, and challenging conversations
- Steps to become a servant leader and how to help others become a servant leader.
- Develop the discipline necessary to scale an idea and create and maximize team potential.

**Watch these Certified Rise Advocates®
testimonial videos:**

[Carla Shorter](#)

[Emily Zarecki](#)

[Crystal Darnell Harris](#)

[Sara Best](#)

Sample of tactics we explore:

- Understand why fear makes one vulnerable to oppression, and how to overcome it.
- Learn how coming face-to-face with your personal story helps to remove shame and guilt, which in turn increases forgiveness and empathy and increases social impact.
- How lowering your “identity gap” can increase one’s personal power and help you find your superpowers.
- Take the first step toward identifying one’s personal values, and how your behavior matches those values, in order to stimulate a personal grounding effect to direct one’s purpose.
- Identify deeply held words and narratives that can positively impact confidence.

Time Commitment



In-person time: 1.5 hours per week
(1:00 - 2:30 p.m. EST every Tuesday)



Personal material and study time:
4-5 hours per week

Logistics and Other Benefits:

- All sessions held online, via ZOOM.
- Participants receive weekly text messages, at 7amEST, that encourages participants to stay focused, and provides encouragement to keep going.
- Private online group to share and create community.
- Weekly videos and handouts.

Session Outline

Module 1: Introduction, Welcome and Inventory

- **Module 1A:** Welcome (*Video: 10:47*)
- **Module 1B:** Rise Advocates® Manifesto (*Video: 5:39 - sample attached below*)
- **Module 1C:** Rise Advocates® Audit (*Video: 8:22*)
- **Module 1D:** Habits to Explore (*Video: 10:53*)

Module 2: Mindset Mastery

- **Module 2A:** Obliterate Your Upper Limits and Reverse Your Adverse Childhood Experiences (ACEs) and Transform Your Mind (*Video: 15:10*)
- **Module 2B:** Kickstart the Renewing Mind Process (*Video: 17:53*)
- **Module 2C:** Establish a Daily Rise Advocates® Practice (*Video: 9:07*)
- **BONUS Module 2D:** Our Deepest Fear

Module 3: Calling Mastery

- **Module 3A:** In “Here” Is Your Vocation (*Video: 9:07*)
- **Module 3B:** Life Breadcrumbs (*Video: 7:59*)
- **Module 3C:** Your Superpowers Are Found in Your Voice (*Video: 12:10*)
- **Module 3D:** Close Your Identity Gap (*Video: 16:14*)

Module 4: Personal Development Mastery

- **Module 4A:** Rise Advocates® Visualization (*Video: 13:41*)
- **Module 4B:** Rise Advocates® Primarily Eat From the Ground (*Video: 9:24*)
- **Module 4C:** Rise Advocates® Move Their Bodies (*Video: 5:44*)
- **Module 4D:** Rise Advocates® Leaders are Readers (*Video: 8:26*)
- **BONUS Module 4E:** Rise Advocates® Clean Up Their Surroundings (*Video: 6:36*)

Module 5: Professional Development Mastery

- **Module 5A:** A Brand Called You (Video: 18:14)
- **Module 5B:** Write for Your Life (Video: 17:40)
- **Module 5B (1):** Amanda Filippelli (Book Coach Expert) - On Making Your Mess Your Message (Video: 23:27)
- **Module 5C:** Social Media (Video: 36:43)
- **BONUS Module:** Professional Development and Leadership Books

Module 6: Advocacy Mastery

- **Module 6A:** Rise Advocates® Need a Love Narrative (Video: 14:32)
- **Module 6B:** Advocacy 101 - What are YOU Advocating for (Video: 16:19)
- **Module 6C:** Put Your P.A.S.S.S.I.O.N. Into Action for Courageous Dialogue (Video: 13:47)
- **BONUS Module 6D:** Advocacy Books

Module 7: Service Mastery

- **Module 7A:** Stand For Something - Stand For Someone (Video: 11:22)
- **Module 7B:** Serve the Organization with a Rise Advocates® Mindset (Video: 4:37)
- **Module 7C:** Create Your Own Head Full of Dreams. (Video: 6:44)

Module 8: Bring it All Together and Develop Your Plan

- **Module 8A:** Bring it All Together
- **Module 8B:** 90 Day Plan to launch into the 6-month mastermind. Participants will one of the following paths. When you join the 6-month mastermind, you'll work on the steps needed to fulfill this path:

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|-----------------------|--------------------|
| ✓ Upward Mobility | ✓ Community Leader |
| ✓ Start Up Visionary | ✓ Justice Warrior |
| ✓ Corporate Executive | ✓ Un-hidden Gem |

Financial Investment

- **8-week Academy: \$1,953.00**
 - **BONUS:** Weekly messages if commit paid by December 1st.
- **6-month Mastermind, after the 8-week Academy: \$6,000** (*more detail provided if interested*)

Rise Advocates® Manifesto

1 I have seen success in my life but I desire to make a larger impact in the lives of others.

2 I am committed to rising up, boldly and courageously, to pivot into discovering, examining, and living out the call on my life, connecting daily to God, to my faith, and/or a spiritual presence, and living for more than what I can physically see around them.

3 I believe that self-care, social and emotional learning, empathy, inclusion, equity, trauma-informed practices, and respect are not just buzzwords, but are critical to successfully operating any business, institution, or school, and I am committed to living by these principles and advocating for them in my daily work and life.

4 I am a resilient **change agent** who fully accepts the art of learning how to lean into discomfort, and I am willing to constructively and effectively break rules and systems that need to change to bring about justice, equity and inclusion

5 I am willing to take time to close the gap of women leaders and thereby mentor, serve, and help other people, and especially young women, by promoting the same principles, with the ultimate goal of leading by example.

6 I hold myself accountable to staying true to these principles, and I will constantly engage with individuals who hold themselves to these same standards, and promise to never give up.