



CRUSADES 22 Programming Costs Breakdown

OUR VETS AND SPOUSES WILL RECEIVE A COMBINATION OF THE FOLLOWING SERVICES TAILORED TO MEET THEIR INDIVIDUAL NEEDS.

TRAINING EVOLUTION ONE:
(RE)CULTIVATING AND CELEBRATING THE TRUEST SELVES OF OUR WARRIORS AND THEIR SPOUSES.

The 22-week long *(re)Define Yourself*, and *(r)Evolution of SPIRIT* experiences are one-on-one personal growth and self-awareness programs for our active duty military personnel, veterans, first responder personnel and their spouses to help individuals (re)connect to some of forgotten parts of themselves, understand and discover the impact their current belief patterns have on their life, improve emotional well-being, deprogram old sabotaging habits, reprogram and create new neural pathways of belief patterns and come to understand the power of their own story and life-experience.

The main goal of these programs is to help individuals understand that their future is predicated on their current thinking and that the basics of living the life they would like to bring about can be done by using tools that reemphasize feelings and experiences in the body, to help them create new ways of thinking and where they put their attention; in fact, (re)structuring their neural pathways and (re)connecting them to their truest selves.

These unique experiences ultimately give each person who engages in this evolution of the CRUSADES 22 experience the opportunity to work on new goals and provides the tools for empowering an individual to see new life perspectives, experience greater emotional calm and centeredness, discover methods for balancing health using suggested natural remedies (this strategy being the individual's own choice, we do not prescribe products per se', but may make suggestions), and value their role in the world and the impact it has on others.

The arc of the 22-week experiences covers, but may not be limited to the following bullet points and combines the opportunity for individuals to download (getting these *traumas and dramas* out of their mind) and talk about stressful situations they are currently experiencing giving them the time and perhaps for some of them, the first time that they actually feel heard.

Engaging in Training Evolution ONE of CRUSADES 22 an individual will:

- Find their calling – their own unique brilliance – what gifts and skills are unique to them, gifts and skills that enhance and empower. We will guide and help them in the cultivation and nurturing of this calling.
- Identify and break free from limiting and sabotaging belief patterns via the EFT tapping (Emotional Freedom Technique) used for PTS to separate a painful emotion from a particular thought is one of the tools used at this point.
- Understand the impact reaction has on the body versus proactivity.
- Mindful Heart Breathing (and other breathing and grounding techniques).
- Discovering what each individual want to bring about most in their life.
- Setting your SMART goals.
- Vision Quest – meeting an individual's future self through guided meditation to describe the steps they took to bring about what they wanted most in life.
- The importance of building stamina and momentum in life.

- Establishing, again, SMART goals and moving them forward – time is given during every session to keep an individual’s goals and aspirations moving forward and gaining great momentum.
- Mantra for moving through obstacles.
- Empowerment affirmation.
- Learn various meditation techniques and mind-settling strategies.
- Hero’s journey – the importance of key struggles in an individual’s life and identifying situation that became so uncomfortable that they had to shift it and make a positive change to their experience.
- Their own unique story – what makes them who they are and how can we use this story to improve and enhance their life’s journey.
- The 3 pillars of peacefulness – 3 points of mindfulness utilized to create inner balance, peace and harmony in all aspects of life.
- Meeting their tribe/client base/ and the people with whom they resonate most. Identifying support systems and creating a web of individuals that support them.
- Feeling safe in and enjoying the moments of your journey.
- Connecting with one’s supporters and the qualities of those with whom they resonate the most.
- The three levels of communication.
- Equanimity – creating an even mind.
- The Final Model – an individual’s best next steps and their list of tools to move forward. This final piece of the experience pulls together the lessons and experiences over the 22 weeks and identifies the next best steps for

moving forward and specific steps and guidelines to bring about attainment of intentions and goals.

- Through an expanded and innate ability to shift the perceived construct and continuum of time and space; we will assist an individual on their path, and help tap them back into the element of spirit, and the limitless power and resonance of their heart-base wisdom. The elements of Heart and Spirit being the essential pillars on which one's healing and the healing of their relationships with their family and friends takes place. We will utilize the hard science of Quantum Physics and the concept of Quantum Mechanics to exact powerful shifts in and on each individual's current experience.
- Compassion vs. Empathy. Passing on the lessons of being compassionate, kind, and loving towards others; allowing one's empathetic self to light the glorious spark of compassion – having sparked the fire, immediately shifting the empathy to total compassion. This strategy will help teach kindness and understanding towards others while not becoming too attached to someone else's issues or life chaos and circumstance – lessening one's Traumas and Dramas that they experience through others around them.
- And ... WE WILL PLAY!!! And through our *play time*, individuals will become more aware of their body's potentiality and enjoy the experiences of challenging and pushing their physical, mental and spiritual body to the next levels of *fitness* – physically, mentally, emotionally and spiritually. We as human beings can attain so much more than we ever felt possible, and to push ourselves beyond the perceived boundaries of comfort is one way for us to better ourselves. CRUSADES 22 helps to FORGE the newest, most complete selves of the individuals with whom we work!!! Through a little controlled chaos, and suffering together on the pitch of the fitness battle; we WILL FIND and FORGE each and every person's INNER SPIRIT WARRIOR. WE will be RESILIENT. WE will be COMMITTED. WE will SUCCEED.

Homework that takes about 30 minutes is given between every session, and follow up is required in terms of the steps the individual has taken to move forward with their goal in life with continuous support from Brian and Nicola.

Paperwork also includes feedback on sessions and an individual's progress and identifies what they feel they would like to see more of during our work with them. A final sheet is sent for feedback on how they feel they have progressed since the beginning of their journey with CRUSADES 22.

Nicola Salter will begin this foundational work with the Warrior Spouses.
Brian K. Hillard will begin this foundational work with the Warriors.
Together, Nicola and Brian will also engage in couples coaching with each couple with whom they have started to work individually.

For additional information on Training Evolution One and the (re)DEFINE YOUrself and (r)Evolution of SPIRIT programs, please click on the **LEARN MORE ABOUT YOUR CRUSADES 22 EXPERIENCE** button on the bottom of the CRUSADES 22 homepage:

Training Evolution One, Breakdown of costs

- \$3,500/Individual – Warrior and Warrior Spouse.
- \$7,000/Warrior Couple.

Additional services that may also be provided at this point in the program may be, but not be limited to:

- Naturopathy to support full body healing - \$185/individual initial consultations; \$95/hr. for continued services and follow ups.
- Personal, one-on-one yoga teaching services - \$125/hr.
- Hands on energy work and integrative medicine support - \$150/hr.

Each of these services will also carry their own costs (shown above) and will need to be provided to individuals and couples if deemed appropriate by each family and the care team.

**TRAINING EVOLUTION TWO:
CULTIVATING THE VITAL (RE)CONNECTION OF HEART AND SOUL, MIND
AND BODY:**

The second evolution of CRUSADES 22 is a two-week intensive, experiential group journey; one that we have named the *CRUSADES 22 (re)Union Retreat*. This two-week experience brings the entire C22 family/TEAM together to engage in individual and group healing, learning, and PLAY!

Held for four (4) to six (6) TEAMS per year – each team being comprised of those warriors and warrior spouses who have graduated *CRUSADES 22 Training Evolution ONE*.

Each program will incorporate a variety of different alternative healing techniques – these will include, but not be limited to

- Yoga, and yoga psychology and philosophy
- Different types of meditation and breathing practices
- Training and instruction in fueling the body for spiritual, emotional and physical wellness through proper nutrition and supplement utilization
- EFT (Emotional Freedom Technique)
- Different evolutions of restorative physical activity that repairs and resets the body and nervous system, building stamina and strength and allowing each person to deeply reconnect with their truest most divine selves; Heart and Soul, Mind and Body.

Training Evolution Two, (re)Union Retreat, Breakdown of costs

Two-week retreat sponsorship for couple = \$47,610

- 2 couples = \$87,220
- 4 couples = \$174,440
- 5 couples = \$218,050

For first two phases of the CRUSADES 22 program, we will need to support each couple with a generous donation of \$54,610

**TRAINING EVOLUTION THREE:
MAINTAINING MISSION PROTOCOLS. PRACTICING CONSISTENT
RESILIENCE. (RE)CONNECTION TO SELF AND (R)VITALIZING THE
SPIRIT THROUGH CONSISTENT AND COMPASSIONATE
INTERCONNECTEDNESS.**

In this third evolution we will help our warriors and their warrior spouses maintain their new Mission Protocols by.

- Continued One-on-One, Catch-Up, and Checking in sessions; again, either in-person or via FaceTime/Skype.
- Webinars developed for ongoing education and experience.
- Private FaceBook communities created as support groups.
- The creation of a Nationwide VETERAN and SPOUSE support and informational network.
- . . . and, this list will continue to energize and grow.

For this third evolutionary phase of care, we will need to support each couple with a generous donation of \$8,400

**TRAINING EVOLUTION FOUR – DEBRIEF:
NEW MISSION AND DIRECT ACTION DEBRIEF. PROTOCOLS DISCUSSED
AND COMMITMENTS MADE FOR CONTINUED AND CONSISTENT PRACTICE
OF ALL LEARNED SKILLS AND STRATEGIES.**

In this fourth evolution we make sure that our warriors and their warrior spouses have an opportunity to debrief their experiences with us; and as we engage in the debriefing process we ask that each individual is open and honest with any feedback that they feel we can utilize to better the program.

Sponsorship of full engagement in all four evolutions of the experience provided by CRUSADES 22 to an Active Duty Soldier, Veteran, First Responder and their family is currently - \$63,010

If during this debrief phase CRUSADES 22 deems it necessary, and/or a family requests additional services and continuing care to be provided on the basis of individual or couple mentoring; these services will be billed out at:

\$150/hour

The dollar amounts reflected above are for facilitated mentoring and coaching services provided by CRUSADES 22 Executive Staff; Brian Hillard and Nicola Salter, and additional facilitator staff connected to the two-week **(re)Union Retreat** program.

These amounts do not include air-fare, hotel accommodations, meals, and support staff connected to the two-week **(re)Union Retreat**.