



CRUSADES 22 is a 501(c)(3) Not-For-Profit Tax Exempt Organization

MISSION OBJECTIVE

Designed and created in dedication to each and every one of our country's service men and women, our first responder communities and their spouses; CRUSADES 22 has a focused mission – to honor, care for and compassionately serve those that have selflessly served and continue to serve our country and local communities, as well as extending the same care and compassion to the spouses of these warriors – helping the family, once again, find **HOME**.

CRUSADES 22 is a fully integrative complimentary health and personal growth experience to assist military veterans, currently enlisted military personnel, first responders, their spouses and families in discovering how to improve their health, well-being and self- awareness, to lead more fulfilled, peaceful and empowered lives.

Tapping into the spirit of the warrior and the commitment and never quit philosophy of the war fighter, we have taken a chapter out of the Navy SEAL training philosophy; designing the CRUSADES 22 experience to be facilitated in *Training EVOLUTIONS*; giving each and every person the opportunity to engage fully in the CRUSADES 22 experience through a focused step-by-step process.

Our mentoring and coaching services offer dynamic and compassionate support for your personal growth and for the growth of your family. The services and techniques that we present and provide are meant to stand beside and support any faith based beliefs that you may hold. We are mentors and teachers – fully believing that every teacher is a student, and every student a teacher. We offer a sharing of techniques and wisdoms that we have classically trained in, experienced, developed and collectively facilitated over the last 35 years; working with numerous clients from the public and private

Copyright © 2016 CRUSADES 22 All rights reserved.

This information may not be distributed, published, sold or reprinted without express written permission.

sectors, as well as working with the military and first responder communities. What we offer comes from a place of love and caring and we guarantee that if you commit to yourself to engaging in this work, you will see positive and lasting change. It is worth stating again – this will be work. However, as you begin to tap back into your inner wisdom and come home to your true self, you will see that this work is an extremely important component to your healing process, a healing that will help you learn to trust once more your inner voice, your truth, rediscover forgotten parts of yourself, improve your health and well-being and empower yourself to move forward in a more fulfilled and self-loving way that will impact those around you.

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

In this evolution our goal is to deprogram the old trauma-based ways of acting and reacting; reprogramming the nervous system and trauma/stress response; definitively redefining the experience of each individual into one that is steeped in more heart based self-care, vulnerability and intense honesty with one's self and their family. In short, unlocking and reintroducing each individual to their truest, most divine SELF.

This training evolution will include, but not be limited to.

- Nicola Salter's *(re)Define Yourself* program (see attached component breakdown).
- Brian Hillard's *(r)Evolution of SPIRIT* program (see attached component breakdown).
- Couples and family training facilitated by Brian and Nicola for our warriors and their families.

Each individual will have the opportunity to experience both the *(r)Evolution of SPIRIT* and *(re)Define Yourself* one-on-one programs in total; or components of each – whichever resonates with and works best for the individual and family unit. These trainings will take place in a number of ways, depending on the location of each couple; each training will be facilitated during in-person sessions, or via FaceTime/Skype sessions.

**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, yoga psychology and philosophy, different types of meditation, 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), and 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.

**CELEBRATING THE NEWEST MISSION OF OUR WARRIORS AND
THEIR WARRIOR SPOUSES!!!**

CRUSADES 22 will also teach and share the origins of each of these practices, teaching the lessons and ancient philosophies as well as the history and wisdom of living a more *connected* and intuitive life through these proven self-care modalities.

This two-week component of the CRUSADES 22 program will be broken down in three focused intentions. Allowing each and every person that goes through this component of the CRUSADES 22 program the radiant opportunity for:

1. Interconnectedness and Relaxation – taking the time to just reflect, breathe and BE.
2. Supporting the Healing, Calming, Centering and Balance of the Human Body, Spiritual and Nervous systems.
3. Play – letting go of all the trauma and hurt-based actions and reactions; tapping fully into each of their inner children, the parts of them that may have been lost in the minutia of life; the part whose care free and vibrant spirit is alive within us all.

**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 **VET LINKS** network.
- Color Therapy.
- . . . and, this list will continue to energize and grow.

**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 forth 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.

This process will include, but not be limited to.

- Coming up with the best next steps for each individual and the family as a unit.
- Finding and vetting local practitioners to continue the work with each family.
- When needed, finding additional services and facilities for individuals to utilize; ie: partner organizations, etc.
- Outcome Data Paperwork and Measurables completed by clients.
- Videotaped debrief sessions.

For additional information and detail regarding the programs offered through CRUSADES 22, please contact me directly:

Brian K. Hillard

Executive Director/Facilitation Lead

Mobile phone: 818-307-4475

Email: brian@revolutionofspirit.org