

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** COUNS119

**Course Title:** See Jane Fly: A Passion, Potential, and “POWER-UP” Course  
for Women

**Prerequisite Courses:**

**Sponsoring Division:** Community and Social Justice Division, Centre for Counselling and  
Community Safety

**Previous Course Code & Title:**

**Course Effective Date:**

<b># of Credits:</b>	<b>1.0</b>
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### **Course Description:**

This is a “POWER UP” course for women who work and live in the giving mode: therapists, educators, social workers, health professionals, and women who are taking care of loved ones. This two-day experiential training will give participants tools to pass on to the people they work with can care for while learning how to “POWER-UP” and redirect some of that giving energy to themselves. Issues explored include emotions and the body: anger, shame, fear, grief, and addictive behaviours. With gentleness, passion and a playful spirit, participants will be invited to release their truth and unearth their full potential. Through writing, Mandela drawing, meditation, voice work, movement and truth telling, we will practice and experience the power of truth: in learning to speak our truth, we are making a profound transformation of self. When we speak the truth about our lives, we can begin to feel our passion, release our creativity, and manifest our potential. We can honor the past for what it has taught us and we can be in the present with a softer heart. We can feel the wind in our hair, a smile on our face, open our arms to the future and fly. All women 18 and up who wish to fly are welcome. A SafeTeen certificate will be awarded upon completion.

### **Course Goal(s):**

The goal is Inspiration and Empowerment. Participants will be invited to identify and overcome the blocks to manifesting full potential in all areas of their lives. The skills learned can enhance: Physical and Emotional Health, Passion and Creativity, Professional Success in balance with Personal Life.

### **Course Learning Objectives:**

At the end of this two-day, 14 hour course, participants will be able to:

1. Identify areas in their lives where they are depleted.
2. Learn ways to “POWER UP”.
3. Discover how emotions impact health, passion, creativity and addictive/self- harming behaviours.
4. Learn strategies for connecting with truth in heart, mind and body.
5. Differentiate between care-taking and care-giving.
6. Identify blocks to manifesting personal empowerment, passion, creativity and full potential.

7. Employ concrete strategies with which to practice ongoing self care.

**Course Topics/Content:**

- Empowerment
- Harnessing our anger
- Shedding our shame
- Emotions and the body
- Passion and creativity
- Addictive and other self-harming behaviours
- Balance in work and play
- Idea into action
- Manifesting potential
- Self-care strategies

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

**Recommended:**

**Course Level:**

X	First Year		Second Year		Third Year		Fourth Year
Other (describe):							

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	14.0			

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

**Course Grading System:**

Check the system that applies to this course:

Letter Grades	Percentage	Pass/Fail	<input checked="" type="checkbox"/>	Credit/No Credit
Complete/Incomplete	Attendance Only	Not Applicable		

<b>Passing Grade:</b>	Credit Granted
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

100% attendance in all classes.

Active contribution in large and small group discussions and activities.

**Other Course Guidelines, Procedures and Comments:**

A **SAFETEEN** certificate will be awarded upon completion.

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records