



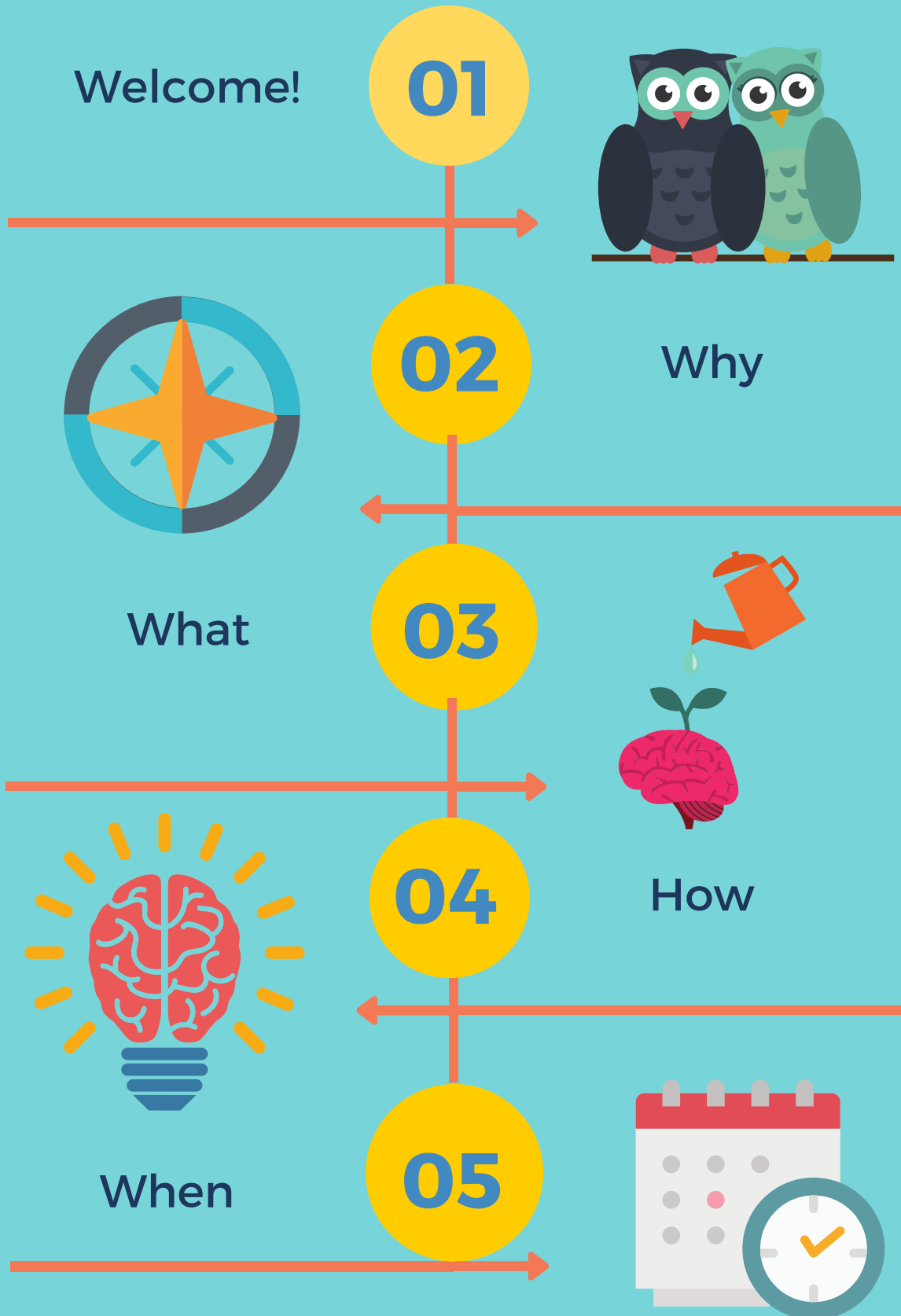
**Super Regulators**

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**MASTER  
CLASS**

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# Overview



# A NEW TYPE OF HUMAN

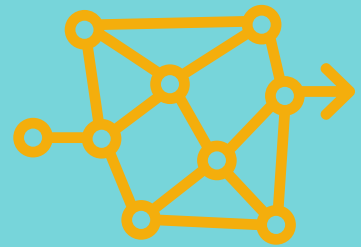
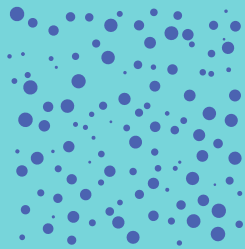
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## WELCOME!

What if... through the chaos, complexity and connectivity of the human species and the planet as it is today, you and I have found each other and it is not an accident?

What if... of all the billions of people on the planet, we are coming together now because we know we have a higher purpose of serving the evolution of humanity?

If you are reading this, it is not by chance. Something in you called you to reach out to me. You know something greater is awaiting all of us and you are here at this time to help us access a deeper, higher, more evolved sense of well-being



**So let me first just say, THANK YOU.**

Thank you for reading the booklet clicking the button so we could connect. Only a small percentage of people are going to have the willingness and feeling of resonance to do that.

We are pioneers on a leading edge, which can feel lonely at times because we are not part of the masses. That's why we need each other.

All that to say... I'm very glad you're here with me.

# SUPER-REGULATORS MASTER CLASS

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## WHY

To help me co-create with you, I want to start with knowing more about you.

You may be like me in that you have done a lot of learning, experimenting and exploring... continuously trying to have more clarity and wanting to know why people do what they do. You may have tried many different techniques and modalities to help you feel a sense of contentment, peace, and inspiration.

And these have all contributed to your overall 'portfolio' for regulation.

So now a question I have for you is... why do you think you keep trying to learn and grow? Why do you think you saw the title of the booklet I sent out and felt compelled to read it? If you can, write some of your thoughts down about this.



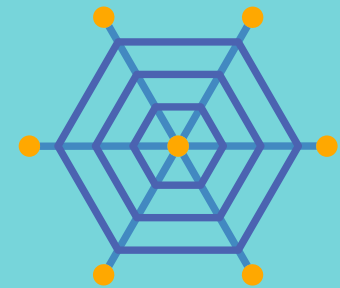


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## Your Super-Regulator Avatar

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At the end of the Master Class, we will be able to explore the idea of your Super-Regulator Avatar. This will be a unique 'signature' that you are bringing to the planet. To start this exploration, let's turn to some 'what' questions...



### **YOU AS A SELF-REGULATOR**

What are some forms of self-regulation that have brought you a sense of relief or renewed energy? They may not work 100 percent of the time, but they have given you something you found useful. It can be the names of teachers/authors, or just more generally things you do that help you re-center.

### **YOU AS A CO-REGULATOR**

What is something special you bring to your relationships? What is it about you that people have said (or felt, even if they haven't said it) makes them like being around you?

### **YOU AS A SUPER-REGULATOR**

What situations are you finding yourself in where you know you are a model for others (or would like to be)? Who could really use a new way of seeing themselves and feeling more nurtured and strong? This can be specific people or a community/sub-population/etc.

# SUPER-REGULATORS MASTER CLASS

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## HOW WE'LL DO THIS

This will be the first iteration of the Master Class, so you are helping me gather data to help it evolve and grow. This first iteration will be online - via video conference.

We will meet on a weekend for a couple of hours, and then have a follow-up session two weeks later. Before the first session, I will ask everyone to send me in their answers to the questions on the previous two pages, as well as your answers to the questions on the last page of this booklet.

There will be some exercises to try after the first Master Class, which we'll then discuss in the second session two weeks later.

## WHEN WE'LL DO THIS

I'd like the first Master Class to take place on Saturday June 27th, with the follow-up class on Saturday July 11.

## HOW MUCH

I would eventually like this to become a full-blown movement of some sort that I can devote myself to full-time (or almost full-time), which means it will need to have a higher investment. But this is still the exploration phase, and I still work over 50 hours a week at an intensive outpatient clinic, so I have to work with what I can. I also know there's a lot of financial uncertainty, so I think a cost of \$95 for these two sessions is a fair deal. Future iterations will likely be at least a few hundred, depending on the format and what kind of numbers we have. I hope that alumni will continue to be a part of building and growing this, so that will also be something we continue to discuss!

# SUPER-REGULATORS MASTER CLASS

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## QUESTIONS

A couple more questions I'd love to hear your answers to as we co-create this:

- what are your biggest challenges for self-regulating? When/why/how do you get stuck sometimes or feel frustrated with it?
- what are your biggest challenges and frustrations for co-regulating(in relationships? When/why/how and with whom do you often find it the most difficult, overwhelming or exhausting? Who excites you to co-regulate with and why?

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And finally, what are YOUR questions? What do you want to know about self-regulating, co-regulating and super-regulating?

Send your questions and thoughts to: [info@stefaniefayefrank.com](mailto:info@stefaniefayefrank.com)  
So happy to be connected with you :-)

