



i.b.mee. Overview

International Body-Mind Empowerment Enterprises (i.b.mee.) is a non-profit organization 501(c)(3) that is redefining education, health and success by serving as the central hub of *Empowerment Education research, programs and practices*, for teachers, students and parents.

i.b.mee. is “Leading the Empowerment Education Revolution” - “Setting the Standard” and “Bringing to Life” a new, healthy, “education with passion” paradigm and teaching philosophy based in high-level wellness, empowerment, leadership and leaving a legacy...all so the next generation is a well generation.

i.b.mee. is “bridging the gap” between the old and new educational paradigm standing as the source of a new educational story for students and teachers... *A story based on a new definition of success, healthy ways of being, innovation in motion, and an expanded idea of what it means to learn and be human.*” i.b.mee. assists and encourages the school population to achieve and experience a life of high-level wellness, empowerment, leadership and the gift of leaving a legacy through a new educational and teaching paradigm.

i.b.mee. does this so students will live our “Mission and Vision” ...”*that all students have the freedom, confidence and skills to live their highest and healthiest visions for themselves, their community and their world, so the next generation is a well generation*”.

The goal of the new Empowerment Education Paradigm is to (1) set a new standard for overall true empowerment for students and teachers (2) increase positive health outcomes & resiliency through increases in perceived control and

stress tolerance and decreases in shame, (3) increase intrinsic motivation, creativity, innovation and life-long learning, and (4) increase joy, passion and ease in life within a student's and teacher's own empowering definition of success that allows them to contribute successfully to the world and feel confident doing it.

i.b.mee. incorporates an "Empowerment Education Model (EEM)": A New Healthy, Empowerment Educational Paradigm. The EEM will serve as the foundational framework in developing the empowerment education. To do this, the organization will merge principles and programs in high-level wellness, and best empowerment practices in education and leadership, and research their efficacy within the EEM in developing healthy, successful students of the new world. The EEM will support students, teachers and parents in experiencing excitement and energy for positive well-being and health, optimal life experiences, and the love of life-long learning and personal success within an intrinsically-motivating and empowering environment. We believe that this new paradigm will serve as one of the primary missing links in making our *next generation a well generation* and to contribute to ending of our health, violence, and school drop-out crisis.

The Outcomes of i.b.mee. are to:

1. Develop, implement and support as evidence-based, a healthy, intrinsic, empowerment paradigm of education.
2. Be the bridge between the current educational practices and the new ones being developed under the Empowerment Education umbrella.
3. Develop, implement and support as evidence-based, a healthy, effective and empowering methodology of measuring academic success.
4. Develop and implement an educational system that has the opportunity for all students no matter race, socioeconomic background, or health to experience personal success based on their strengths, intrinsic motivations and their own "personal legend", "element" or "passion".
5. Develop and implement a new teacher training component based on the Empowerment Education Model where teachers become Empowerment

Education Coaches (EE-coaches) so they easily deal with all challenges in the classroom along with teaching, facilitating and mentoring the appropriate and empowering academic content.

6. Bridge the gap between traditional, alternative and holistic medicine in an educational setting bringing more of an emphasis to the power of the Body-Mind and Heart Connection using the most current research available as well as continuing to conduct our own research through i.b.mee. Institute.
7. Decrease the risk and actual occurrences of chronic diseases and muscular skeletal disorders over time.
8. Develop and sustain the skills needed to love and participate in *movement for life*.
9. Increase stress tolerance and resiliency in challenging situations.
10. Increase effective communication and connection, and feelings of respect and partnership between students and adults.
11. Increase the feelings of freedom, confidence and mastery in the application of life skills and in living a life of purpose and contribution.

