

THE B.L.O.O.M. EXPERIENCE

An Educational Framework & Live Masterclass by Author Tricia Gray

Website: triciangray.com | **Based on the Memoir:** *A Lotus Legacy*

PROGRAM OVERVIEW

The B.L.O.O.M. Experience is an intimate, 8-week virtual masterclass and workshop framework designed specifically for cohorts of women, high school student leadership groups, and non-profit community circles. Built to help participants break free from cycles of generational trauma, set unshakeable personal boundaries, and build a lasting legacy mindset, this program moves beyond passive learning into structured somatic practice, deep connection, and creative expression.

THE THREE CORE PILLARS

PILLAR 1: BREAK (Weeks 1–4)

- **B – Breathe to Center:** Practicing The Lotus Breath Activity as an immediate, portable somatic grounding tool to calm anxiety, build self-regulation, and anchor focus.
- **L – Language of Empathy:** Deconstructing the heavy, invisible burdens women and youth carry alone. Shifting from isolation to shared connection and mutual validation.

PILLAR 2: BUILD (Weeks 5–6)

- **Resilience Boundaries:** Eradicating old habits of people-pleasing and codependency. Learning how to set and keep boundaries as an act of self-preservation in schools, families, and peer networks.
- **Tracking Small Wins:** Shifting how we look at challenges. Treating mistakes as data and tracking microscopic daily goals to build undeniable forward momentum.

PILLAR 3: CREATE (Weeks 7–8)

- **M – Mindful Action & Narrative Expression:** Using intentional journaling and creative materials to safely externalize heavy thoughts and rewrite personal histories.
- **Legacy Mindset:** Turning personal healing into a lasting, structural shift. Breaking the silence to create a smoother, healthier path for the generations coming behind you.

THE 8-WEEK COHORT SYLLABUS MATRIX

Week	Focus Topic	Core Activities & Deliverables
Week 1	Welcome to the Sisterhood / Community	Setting collective safety agreements, peer respect rules, and vulnerability intentions for the cohort.
Week 2	Somatic Grounding Mechanics	Deep mastery of The Lotus Breath Activity (Inhale, Hold, Exhale mechanics) for managing daily stress.
Week 3	Deconstructing the 'Strong' Schema	Unpacking the cultural and societal expectations that force individuals to hide pain and suffer alone.
Week 4	Breaking the Isolation	A live 'Shared Reality' circle to build deep peer validation, empathy, and mutual community support.
Week 5	Boundary Architecture	Practical, actionable scripts for maintaining strict emotional boundaries with family, peers, and workplaces.
Week 6	Honoring the Pivot	Setting up personal 'Wins Trackers' to strip away failure shame and turn mistakes into useful data.
Week 7	Narrative Expression Workshop	Exclusive Live Event: A 30-minute reading from <i>A Lotus Legacy</i> by Tricia Gray, followed by an intimate Q&A; and narrative rewriting workshop.
Week 8	Launching Your Legacy	Final mapping of a forward-focused legacy blueprint and a live, celebratory community graduation ceremony.

INDIVIDUAL ENROLLMENT & INVESTMENT PACKAGES

Ticket Tier	Investment	Included Deliverables & Logistics
The Full Experience Ticket	\$297	• Full entry to all 8 live virtual cohort sessions and breakout rooms. • Physical print copy of <i>A Lotus Legacy</i> and companion <i>B.L.O.O.M. Journal</i> shipped directly to your door. • Instant digital PDF copy download of the journal to preview layouts immediately.
The Access-Only Ticket	\$247	• Full entry to all 8 live virtual cohort sessions and breakout rooms. • Logistics are fully set. Kindly ensure participants purchase and have their own physical copies of the book and journal ready before launch day.

HIGH SCHOOL, NON-PROFIT & CAMPUS INVESTMENT PACKAGES

Bring the framework directly to your students, club members, case managers, or community cohorts. These packages are optimized for school assemblies, youth advocacy programs, and mission-driven non-profits.

Tier 1: Keynote Assembly, Panel Presentation, or Staff Briefing — \$1,500

A 45-to-60-minute presentation or interactive Q&A; session focused on authentic leadership, overcoming adversity, and turning personal trauma into purpose.

Best for: Large student assemblies, youth development summits, non-profit community gatherings, or professional development training for social workers and educators.

Tier 2: Interactive Student/Client Workshop & Toolkit Bundle — \$2,500

A deep-dive, hands-on workshop tailored for smaller student leadership groups, non-profit program cohorts, or specific community circles. Focuses strictly on mind-body frameworks, emotional intelligence, and resilience mechanics.

Included Toolkits: Price includes the flat fee for the session plus a specialized bundle of **40 complimentary physical copies of My B.L.O.O.M. Journal** for participants to use and keep.

Tier 3: The Complete Institutional Leadership Package — \$3,500

A comprehensive half-day program combining a broader school-wide/community-wide keynote presentation with an immediate follow-up breakout strategy workshop for group leaders, peer mentors, or select program leads.

Included Toolkits: Features a robust toolkit supply bundle of **50 complete sets of both** the foundational memoir, *A Lotus Legacy*, and *My B.L.O.O.M. Journal* (100 total books) to fully outfit school resource libraries, classrooms, or organization archives.

CUSTOM BOOK-BUNDLE EXPANSION OPTIONS

To support wider distribution across entire school districts, multi-site non-profits, or large youth cohorts, organizations can expand their packages with scalable volume tier pricing. Custom toolkits ensure every participant sustains their self-regulation practice post-event.

Tier Level & Volume	Unit Cost & Inclusions	Best Value Application
Tier A: Small Cohort Growth <i>(20–50 Add-on Books)</i>	\$8.50 per journal <i>(Regular \$9.99)</i> • Includes custom shipping and handling.	Expanding specific classrooms, club chapters, or individual peer-support tracking circles.
Tier B: Program-Wide Scale <i>(51–150 Book Bundles)</i>	\$12.50 per book + journal set <i>(Regular \$25.98)</i>	Outfitting complete high school grade levels, intensive summer camps, or specialized non-profit case management tracks.
Tier C: District / Enterprise <i>(151+ Custom Book Bundles)</i>	\$11.00 per book + journal set • Bulk pallet shipping rate. • Includes 2 virtual 45-min staff advisory training sessions.	Deploying across full school districts, county-wide social service agencies, or community-wide equity initiatives.