

# CENTER FOR SELF GOVERNANCE

*School of Individual Self Governance*



## Training Course Catalog 2026



# CSG CERTIFICATIONS

## *for the Systematic Practitioner*



### APPRENTICE CERTIFICATION

#### STEP ONE

**Complete five (5) of the eight (8):**

- Foundations in Self Governance
- History of Self Governance
- Introduction to Individual Self Governance
- Maintaining Your Life - Principles of Power, System and Control
- Body Mechanics 101
- Time Management 101
- Understanding Human Learning
- Introduction to Learning AI

#### APPRENTICE

### JOURNEYMAN CERTIFICATION

#### STEP TWO

**Complete the Apprenticeship Certification**

**Complete five (5) of the following eight (8) courses:**

- Maintaining Your Life - Principles of Reactive, Periodic, and Preventative Maintenance
- Body Mechanics - Diet
- Body Mechanics - Rest
- Body Mechanics - Exercise
- Body Mechanics - Light & Audio
- Time Management - Taking Care of Your Learning, Health, and Things
- Intermediate AI - Airtable and Custom GPTs
- Intermediate AI - Video & Audio Creation

#### JOURNEYMAN

### PROFESSIONAL CERTIFICATION

#### STEP THREE

**Complete the Apprenticeship Certification**

**Complete the Journeyman Certification**

**Complete five (5) of the following eight (8) courses:**

- Maintaining Your Life - Troubleshooting Chaos & Oppression
- Maintaining Your Life - Organizing for Dual Redundancy
- Body Mechanics - Troubleshooting Your Body
- Body Mechanics - Healthy Mind in a Healthy Body
- Time Management - Investing In The Future
- Advanced AI - Workflows
- Advanced AI - Automations and No-Code Software
- Ethics of AI - Tool, Partner or Replacement?

#### PROFESSIONAL



## **Foundations in Self Governance**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This is our original Foundational Civics course. Students will learn basic government structures, understand concepts of power, system, and control, and identify jurisdictional boundaries and controls.

## **History of Self Governance**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This class will examine how various concepts and practices of individual, relational, and societal self governance have developed over time, its successes and limitation, and its ongoing relevance in modern society.

## **Introduction to Individual Self Governance**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This class explores the difference between self governance and self control. Students will learn the importance of taking care of individual learning, health, things, and time and how those impact their survival, influence, and ability to innovate and create.

## **Maintaining Your Life - Principles of Power, System and Control**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This class explores the fundamental principles of power, system, and control and lays a foundation for students to maintain themselves, their relationships, and their society. Students will discover how power, system, and control affect every aspect of their human life and why troubleshooting is a critical life-skill.

## **Body Mechanics 101**

**(3 hours/In-Person or Online)**

*Tuition: \$40 per student*

This course introduces foundational principles of physical well-being, covering topics such as air, water, sleep, sunlight, food, movement, and strength. Students will learn simple, effective strategies to support lifelong vitality and resilience using natural, practical approaches.

## **Time Management 101**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This course introduces the student to an invisible resource called "time," guiding them to understand how humans measure their days and organize activities. Students will learn practical techniques to manage their time effectively in both personal and professional settings.

## **Understanding Human Learning**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This class introduces foundational theories and practical approaches to human learning. Students explore how light, audio, and chemical interactions influence human learning over the course of one's lifespan.

## **Introduction to Learning AI**

**(2.5 hours/In-Person or Online)**

*Tuition: \$40 per student*

This class introduces you to the world of Artificial Intelligence, including how to use tools like ChatGPT, DALL·E, and Runway for writing, image, video, and music creation. You'll learn key concepts like prompt engineering, AI safety, and ethical considerations to better understand and interact with modern AI technologies.



## **Maintaining Your Life - Principles of Reactive, Periodic, and Preventative Maintenance**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

Develop advanced strategies to manage life's disruptions and oppressive circumstances. Learn practical tools to foster resilience and empowerment.

## **Time Management - Taking Care of Your Learning, Health, and Things**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

Participants learn to effectively prioritize and manage key life areas. The course provides tools for balancing learning, health, and material responsibilities.

## **Body Mechanics - Diet** **(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

Explore nutritional strategies to optimize health and performance. Participants learn practical dietary approaches for lifelong wellness.

## **Body Mechanics - Rest** **(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

Understand the critical importance of rest and recovery in health maintenance. Learn effective strategies for quality rest and improved recovery.

## **Body Mechanics - Exercise** **(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

Students learn effective exercise routines tailored for sustained health and fitness. The course emphasizes personalized physical wellness plans.

## **Body Mechanics - Light & Audio** **(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This class explores how lighting and sound environments affect overall wellness. Students develop practical strategies for managing their environments.

## **Intermediate AI - Custom Assistants** **(CustomGPTs & Google Gems)**

**(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

This course guides students in designing and implementing custom GPT models. Participants will create tailored AI solutions for specific tasks and applications.

## **Intermediate AI - Video & Audio Creation** **(2 hours/In-Person or Online)**

*Tuition: \$40 per student*

Master skills in AI-generated video and audio content creation. Learn to efficiently manage and enhance media using artificial intelligence.