

# Wise Humanity

## The Course Description

Create a life you love waking up to

Wise  
Humanity

[www.wisehumanity.org](http://www.wisehumanity.org)

Create a life you love  
waking up to

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## Who's this course for?

Anyone who's been through the Wise Humanity Course says that the whole world should take this program and have access to the tools and the personal transformation it delivers.

And we agree! In particular, this course is for:

### People who feel there's something more

You've accomplished a great deal in your life but still feel something is lacking; you feel like you have more inside you and more to give, and worry that you're not expanding personally or professionally. You want to take responsibility for your situation and achieve clarity, accomplishment, growth and satisfaction.

### People who are feeling stuck

You feel immobilized in your life – lacking direction, feeling disconnected from your emotions or stuck in unpleasant or unproductive situations. To break through, you seek empowerment, awakening, purpose and momentum.

### People who are undergoing profound changes

You're facing a significant transition in your life such as the end/beginning of an important relationship or a job. You're disoriented but want to feel empowered to overcome challenges and acquire tools for building a happy and giving life.

### People who are seeking self-empowerment and resilience

You want to become more resilient and capable of reacting to the situations life throws at you with less anxiety and stress, but by empowering yourself.

### ... and people who are looking for personal growth

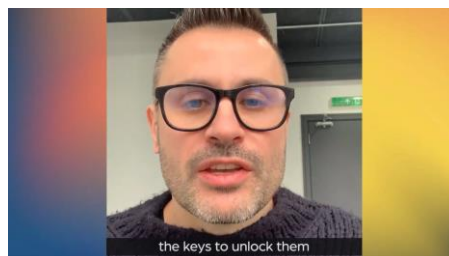
In the words of Davide Pagnotta, Co-Founder of Wise Humanity:

"One day I woke up and realized that I was using all these tools in every aspect of my life. I'd always considered myself a very happy, fulfilled person, but now my life was even happier, less complicated and much more fulfilling; my relationships were even healthier and more authentic, and I had a clearer sense of purpose and direction."

## What they say about the Wise Humanity Course

Some of our students made a [very inspiring testimonial video](#) about the course.

We always receive mind-blowingly positive feedback from our students at the end of the course:



- ❖ Life-changing, mind-clearing and heart-opening.
- ❖ I can't see my life without what I learned with Wise Humanity in it anymore.
- ❖ It was like seeing the Milky Way for the first time.
- ❖ I finally feel prepared for life.

I finally feel prepared for life.

**Two years after** taking the course, students tell us they clarified their values and always feel grounded in what they decide; they've become people who take action; they're better with themselves and love themselves more; they've become less angry, more open to others; and they've learned to celebrate what makes them happy. And here's probably the most moving piece of feedback:

- ❖ I'm actually living my ideal life now.

I'm actually living my ideal life now.

### Matt's story

Listen to Matt's testimonial. He's the first person to talk in our testimonial video. After taking our course, he opened three successful businesses, transformed his choreography style and went on to win 2023's Olivier Award for Best Theatre Choreographer (the equivalent of the Oscars for British Theatre).



## What is unique about this course?

The content of our teaching integrates wisdom from global millennial traditions with modern science. It's packaged together into a coherent journey designed for today's world and it's continuously updated; **we make these very profound concepts practical and applicable** in people's daily lives.

The Course not only teaches new concepts and techniques intellectually, but also helps you change old habits and develop new ones. The **teachers walk by your side and support you as your coaches**, both in class and while you practice the new tools in your life. After the Course, **change is tangible and long-term**.

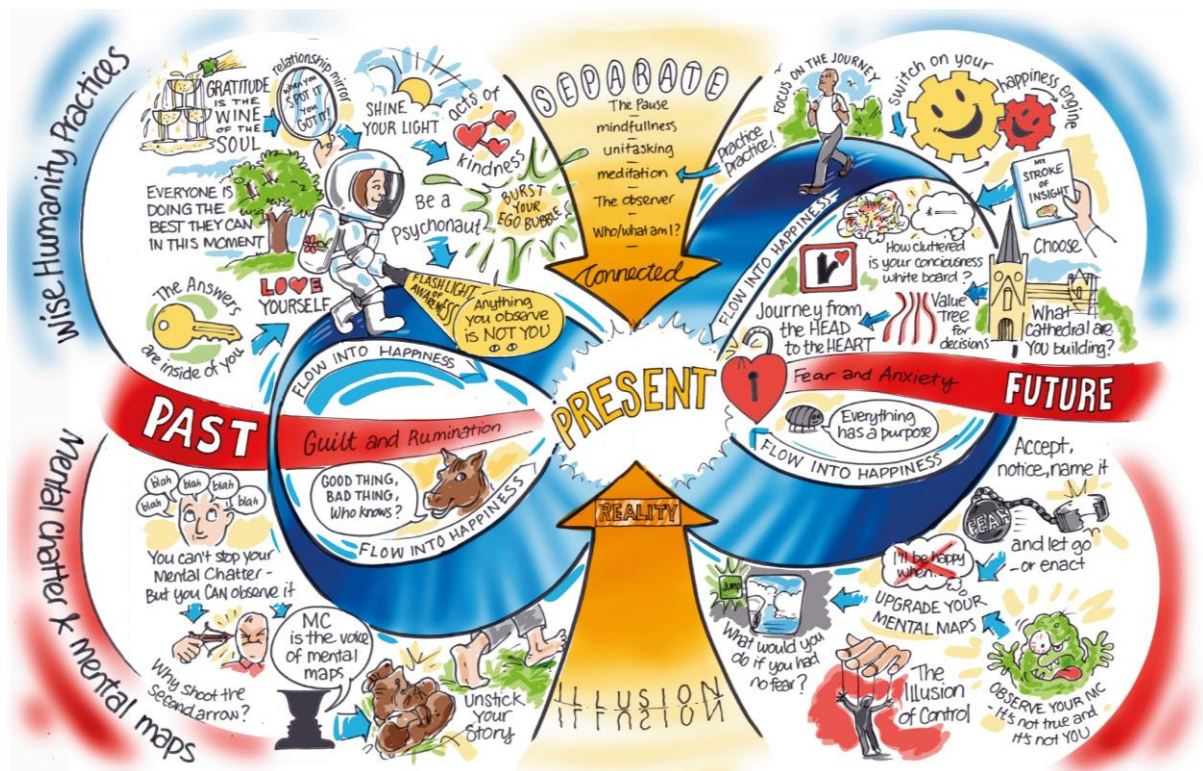
The Course is offered in **live classes** through Zoom, with both teachers engaged in each session. You go through this journey together with a small cohort of participants, typically ten to fifteen. The conversations incorporate diverse viewpoints and are, at the same time, intimate. Everybody shares their insights and breakthroughs, and you learn from everyone else's experiences. **You take one course and your learning multiplies by fifteen**.

After you've taken the Course, you're invited to **become part of the Wise Humanity Community**, which is a lifelong support system. You'll join people from all over the world who have been on the same journey, and you'll have access to resources that are continuously updated, local get-togethers and international retreats, and more courses for further, deeper growth. Taking the Course is **the beginning of a lifelong personal growth journey**.

# The Wise Humanity Course in one picture

At the end of the very first Wise Humanity Course, our Coaching Assistant, together with a very talented artist, created this drawing that beautifully summarises some of the key takeaways of the Course.

Give it a good look. We hope it'll inspire you with fun and curiosity.



While some things may sound obscure now, they will all start making sense in a very empowering way as you go through the Course.

Below, you can find a breakdown of the modules – the weekly sessions – that make up the Course.

# The Course Syllabus

The Wise Humanity Course is a 12-week transformational journey of personal growth.

The Course has a weekly rhythm:

- ❖ 2-hour live class through Zoom on weekends where we discuss the theme of the week and practice some tools to apply it in our daily lives.
- ❖ Throughout the week, you practice one new tool as an experiment in your own life; observe how it works, what changes, etc., and share your findings with the cohort.
- ❖ Once a week, participants join a small group call: a 1-hour zoom call with 3-4 other participants to dive deeper into the exercise together.
- ❖ Through all these steps, the teachers will be giving you coaching support, walking side by side with you.

## Recommended reading list before the Course

If you have time, we recommend you read these books before the Course starts:

- *The Art of Possibility* by Benjamin and Rosalind Zander
- *Man's Search for Meaning* by Victor Frankl
- *Happiness* by Matthieu Ricard

# The Twelve Sessions

## Week 1: The Voice in Our Head

We think we live in reality, but most often we live in the narrative created by our internal monologue.

The voice in our head provides a constant narration, complete with interpretations, judgments, and self-judgments, and our emotions arise as reactions to this narration. And very often, whatever difficult situation we're in, the voice in our head exacerbates it. At this session, we observe our internal monologue and the huge impact it has on our experience of life, we start to step outside it, we learn how to handle it seriously but not literally, and we stop being the victim of our own narrative.



## Week 2: Unstick Your Story

In our minds, we carry stories about ourselves, our lives and the people and situations around us.

While these narratives we create and hold onto are mere interpretations and cannot capture the full reality of life, they play a fundamental role because we base our choices and our entire experience of life on them. In the vast majority of cases, these stories help us go through life happily, but whenever we feel unhappy, stressed, insecure, powerless or stuck in a situation, it is because our narrative about that situation isn't serving us well. However, no matter what circumstances, we can always create a more empowering narrative that unsticks us from those circumstances. This week, each participant delves into a significant stuck story and finds where it can be unstuck and retold in a more empowering way.





### Week 3: The Practice of Gratitude

Scores of studies show that people can easily and quickly learn to generate a sustained, glowing feeling of gratitude inside, and that gratitude is consistently correlated with happiness. Gratitude is a turbocharger of our everyday emotional undertone, motivation and wellbeing. We often know intellectually that we should be grateful for all the blessings in our lives; this week, we learn how to go beyond thinking to feeling gratitude on a deeper level, and how to develop a practice of gratitude that can nurture a profound sense of happiness.



### Week 4: The Journey of Happiness

We often unconsciously train ourselves to delay our happiness. We think we will be happy one day in the future, when certain conditions or goals are achieved. We treat the present moment as but a means to an end, and thus we create an ingrained habit that prevents us from feeling joy and fulfillment every step of the way. This week, we start to break that self-limiting habit and enjoy the journey of life as it is lived, in the present moment. Have you ever heard someone say “you need to find happiness and fulfillment in yourself”? Well, this is the week where we talk about what it actually means and how to do it practically. Similar concepts are used in sports and research demonstrates that those athletes who focus on playing their best game instead of on winning actually end up winning more often.



## Week 5: The Power of Belonging

The structures and stresses of modern life often push us into seeing ourselves as separate individuals who need to compete for survival; “me against the world” can become our default mode and we feel alienated, anxious, unfulfilled and alone. But, while we often don’t feel it, we’re always part of something bigger than ourselves. At this session, we learn how to harness the power

of belonging and practise the concept of creating purpose in every action and situation in our lives, and every interaction with anyone. This is a very powerful, inspiring tool that helps you live a life fulfilled with meaning each and every day, and particularly helps you at difficult moments of loneliness and insecurities.



## Week 6: Surprise!

In this creative, laughter-filled, heart-opening session, we find a deeper level of connection that is seldom tapped but always available. You’ll have to take the Wise Humanity Course to find out what it is.



## Week 7: Being Present in the Present

The present is the most important time – the only time when we have the power to make decisions and take action – and being present is a booster of all our activities. Yet, too often we’re held back by some past that we can’t let go of, or burdened by the fear or anxiety of a future that still needs to happen... and we miss the present. This week, we

talk about mind wandering (the opposite of being present) and our ideas about time. We experience the power of being present in the present as a booster to any activity and relationship, and we learn how to let go of clinging, control and anxiety, and make all our personal – intellectual, creative, emotional, etc. – resources available for this very moment.



## Week 8: Self-love and Relationships

In our relationships with others – whether at work or in our personal lives – we often recreate the relationship we have internally with ourselves. This is true on a very deep level, often beyond our daily awareness. A fracture within can mark all our relationships and cause instability and stress throughout our lives. This week, we'll familiarise ourselves with our self-image and learn ways to practise self-love. We'll also debunk some myths about relationships and review some empowering tools to create and nurture more authentic, constructive relationships.



## Week 9: Values and Choices

This powerful week frees us from fear and indecisiveness in making choices and taking action by actually obliterating the whole concept of "making a mistake." We learn how to empower ourselves and our values as opposed to being led by the circumstances. In every situation, congruence with our values is an empowering, liberating tool for shaping our lives and we can enjoy the benefits, energy and self-confidence that come from it. At this session, we also do a life-changing exercise to help clarify which one or two fundamental values inspire us most deeply.



## Week 10: The Wisdom Behind Fear

Fears, big and small, are deeply ingrained in our lives. The things we do out of fear! Fear holds us back or even paralyzes us, but it doesn't give us more information about the riskiness of the situation; it just tells us a story about our self-limiting beliefs. This week, we share powerful tools to understand where our fears come from and what they can teach us so that we truly overcome them (instead of ignoring or suppressing them) and grow beyond our self-imposed obstacles.



## Week 11: True Meditation

The seventeenth-century thinker Blaise Pascal wrote: "*All of humanity's problems stem from man's inability to sit quietly in a room alone.*" Many of us feel too restless, busy and distracted to sit with our thoughts and feelings. But being able to show up for ourselves, to witness what is going on inside us, is fundamental to our inner journey.

Decades of Western scientific research, on top of millennia of experiential research in the East, show how effective meditation can be for a person's clarity of focus, equanimity, resilience and overall well-being. This week, we make it easier to explore and practice three fundamental types of meditation.

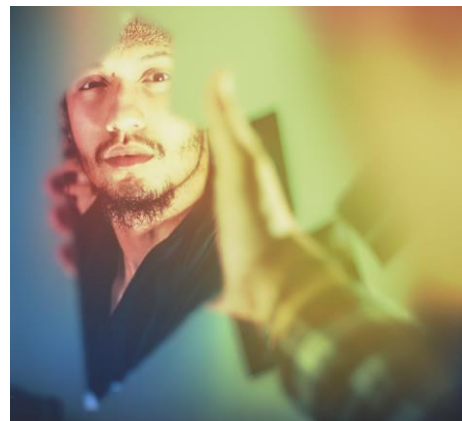


## Week 12: The Ego Bubble

We often equate big egos with strong personalities, leadership and success, but a big ego actually makes us more vulnerable; isolates us; hinders our growth and makes our personal and professional life more miserable.

Paradoxically, by letting go of our ego we become stronger, more authentic, fulfilled and open-minded. By changing our paradigm about vulnerability, we nurture better, more genuine relationships with the people around us. This week,

we explore how it's always in our power to decide who we are being, and how that unveils our pure authenticity and liberates us from any self-limiting baggage.



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## Recommended reading list after the Course

- *The Untethered Soul* by Michael Singer
- *True Meditation* by Adyashanti
- *The More Beautiful World Our Hearts Know Is Possible* by Charles Eisenstein

## FAQ

### What will I experience?

#### Self-Discovery and Breakthroughs

The Course is an eye-opener, a journey of liberation. You'll experience challenges and aha moments; you'll uncover blocks and discover creative solutions.

#### Freedom, Empowerment and Expansion

You'll experience the liberation of being yourself and looking inside yourself, joy and growth, friendship and companionship.

#### Support

Going through this journey with fellow participants and the continuous coaching of the teachers will help you feel safe and comfortable with exploring yourself.

#### Inner Resilience

You'll develop equanimity and the ability to navigate uncertainty with optimism and creativity; stress will affect you a lot less; your relationships will improve.

#### Joy

You'll become inspired and inspiring, more creative and effective; you'll be ready to make a bigger impact; work will become a happier place; happiness will flow from inside you.

#### Full potential and purpose

You'll discover meaning. You'll experience a stronger feeling of connection with yourself, everyone else and nature.

#### A long-lasting change

Practicing the empowering exercises is one of the essential ingredients of the Course and its long-term effectiveness. You'll experiment with different ways of thinking and acting; the practice will help you change the habits that are no longer serving you, and the new behaviors and mindsets will become natural and spontaneous.

## What personal investment does it require?

The class commitment is 2 hours for live Zoom classes on weekends. During the week, you practice an exercise, where you apply the concept of the week to your life, and join one small group call. You then write reflections and share them with the other participants.

The exercises, which normally consist in applying a new mindset to certain situations/actions of your daily life, do not require time *per se* but can be mentally and emotionally demanding. It's not necessarily about changing what you do, but looking at it from a completely new perspective.

## I don't have time now. Can I take the Course later?

You can take the Course any time, whenever it feels right for you. However, if this Course Description resonates with you and your only concern is time, then we recommend you take the Course now, not later.

This course immediately gives you tools to be happier, more effective, resilient, more self-confident; tools to make better decisions, to have better relationships, etc. The live classes are on Saturdays and, each Saturday night, you already have new tools and practices that you can apply in your private and professional life immediately. And this is exactly what the Course will ask you to do: apply them in your private and professional life immediately.

Past students took our course at times of extremely high workload (including the CEO of an accounting firm, for example, who took our course right at the end of the fiscal year) and they all report the course helped them enormously from day one to handle whatever difficult situation they were handling at that time.

This is a liberating course. It will also free you from the anxiety and stress of "I don't have time. I'm too busy."

## Where is it?

The Course is a journey structured through live classes on Zoom, small-group online meetings, continuous interactions and coaching with the teachers, practical exercises and lots of sharing and supporting on a dedicated platform.

## How long is it?

The Course lasts about 12 weeks, plus some pre-work and a Q&A session a month after the last session. We discuss and explore the concepts together in weekly classes, each one followed by specific exercises that bring the new concepts into your life.

## Who are the participants?

Participants come from all over the world and all possible backgrounds: executives and managers, physicians and coaches, academics and college students, performers and entrepreneurs.

## Can I take the Course with family or friends?

Yes, absolutely.

We welcome couples, parents and children, friends and colleagues taking our courses together. It's a profoundly bonding experience. In the small group calls and exercises, we will not put the two of you together, but you and the other person need to feel comfortable with discussing personal topics together at the conversations in class.

If you're considering applying with someone very close to you, we recommend a brief chat with either teacher beforehand, so that there's complete clarity and you and the other person can join the Course fully relaxed.

## What happens after?

First and foremost, the Course is a practical experience. At the end of it, you have a whole new toolbox for your life. You keep using it and become more skillful; concepts sink in; aha moments keep coming and you keep growing. And we're still here: we, the teachers, and Wise Humanity are still here to support you.

After the Course, you're invited to join the Wise Humanity Community. You have access to resources that are continuously updated such as seminars, webinars, book clubs, get-togethers and retreats, and more courses for further, deeper growth specifically designed for Wise Humanity alumni. Taking the Course is the beginning of a lifelong personal growth journey.

## How much does it cost?

For the equivalent cost of a good coaching session per week, you will engage intensely with the coaches and the cohort, and profoundly improve your life.

### Full Fee and Refund Policy

The full fee for the Wise Humanity Course is \$4,800 or £3,800. We also have a reduced-fee option (see below).

We are confident that every person who engages fully in the Course will experience profound insight and transformation. If you feel this expectation is not met, we will **refund** your fee in full.

### Reduced Fees

We believe that the above fees represent the appropriate value of the program for its length, the depth of the material, the small size of the cohort and the amount of time the coaches spend with the students walking alongside them for 12 weeks. At the same time, we're aware that this might make the programme inaccessible for some.

For this reason, we also offer **reduced fees** to applicants who can't afford the full fee. Please inquire with us.

### Refundable Deposit

Upon approval of your course application, we'll require a 30% refundable deposit to secure your seat in the next upcoming cohort.

## What's the material of the Course based on?

Through the ages, humanity has acquired wisdom about how to live a life of inner peace, happiness, love and effective action. The wisdom is right there in books of philosophy, timeless wisdom traditions and great literature. We've then added modern psychology, neuroscience and physics to it and have created a coherent journey that goes through the fundamental aspects of our lives and examines what powerful tools we can use in each situation.

## Does it really work?

Yes, it really does.

Watch our students' [video testimonial](#).



Have you ever watched a motivational TED Talk or read a personal development book? So often, we feel inspired for a day or two, but the impact quickly fades. Taking the Course is different: you won't lose the impact.

In class, everything we discuss is turned into practice and, in between classes, the teachers constantly support you as you test the new concepts in your life and as you learn from your own experience. That is the groundwork for all the wisdom you acquire. As you practice the exercises, you learn from observing yourself, first and foremost, and this wisdom cannot be unlearned. The core wisdom in Wise Humanity is Socrates' dictum: "*Know thyself.*"

Also, the cohort is small (typically 16 people). Conversations are substantive and meaningful. Each participant gets a lot of personal attention and coaching from the teachers. You will have ample space to share your challenges, thoughts and insights, both in class and between classes. This is not the type of teaching that can go in one ear and out the other; we help you put the wisdom into practice in your life every day for 12 weeks. You grow into a new way of thinking and being.

To get a sense of how impactful the Course is, read the testimonials below.

## More Testimonials

Here's our students' [video testimonial](#).



We've also asked people who have worked with us before and students who have taken our course to share their thoughts about us as coaches and teachers. Here are their words.

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Elisabeth and Davide illustrate important concepts from the world's wisdom traditions in down-to-earth, relatable ways, making them immediately practical. As role models, Elisabeth and Davide walk the human journey, meet you right where you are, and help you take the next step in your personal development. They listen to me in a way that helps me deeply listen to myself.



- Artie Isaac, Vistage Chair

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With their genuine compassion, honesty and openness, Davide and Elisabeth enabled me to dig deeper into myself, embrace my fears, explore my inner world further and reinvent myself in a safe and warm-hearted circle of trust.



- Mediha Diyaboglu, Head of Marketing & Communication

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I could not have asked for better soulmates to break through boundaries, unroot unhelpful mental models and establish more graceful and effective practices. They help people really connect – to their true selves, to others, and to what is really important.

- Dr Andy Samuel, Chief Executive, Oil & Gas Authority



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Their understanding of human nature is vast and their dedication to you making the best out of your time with them, endless. They will provide you with a set of tools that you can take with you forever because what they will teach you cannot be unlearned. It is my sincere hope that you take Elisabeth and Davide as your guides on your journey of personal transformation. I know you will not regret it and I wish you the best on it!

- Gemma Sanz de la Serna, Director, Shared Why Ltd.



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Meeting Davide and Elisabeth is like walking into a field and filling your lungs with fresh air. You feel like you can breathe for the first time in your life. The course gives you permission to understand life from an entirely new perspective. A perspective that drives deep into the core of who you really are and who you really want to be. The concepts are proactive and fit seamlessly into the modern workings of the world. I left the course feeling changed inside. I felt happy. I felt like I could breathe.

- Matt Cole, Theatre Director and Choreographer



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Davide is literally the best speaker I have ever booked. Why – his tone, his demeanor and his ability to unlock the mental constraints of our own ego and challenge both individually and collectively takes people through a journey of questioning their own assumptions, self-worth and mental models. It's his humble nature, ability to build rapport and genuine care to want to guide people to places that we rarely go that puts him heads and shoulders amongst many I have booked before.



- Adam Harris, Leadership Coach, Speaker and  
Author

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This process allows for less ego and greater impact in our lives. It is a privilege to work with these two visionaries who are highly skilled at navigating the sometimes turbulent waters of the inner self.



- Ellie Ter Haar, Founder, Conscious-Trader

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Their unique teaching styles and guidance and their ever present and welcoming support, has certainly made me a much more compassionate and resilient person. Wise Humanity is a beacon that reminds us of how connected we are, guiding us back to each other and our true essence, in turn allowing us to be of service to this beautiful world of ours and all who are in it.



- Mona Sahlabadi, Spa Sales and Marketing  
Manager, Luxury Hotels



# The Co-Founders and Coaches

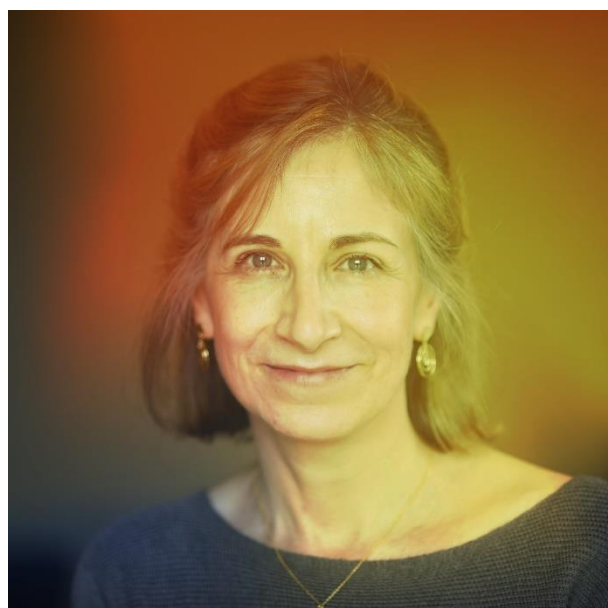
## Elisabeth Sperling

Elisabeth Sperling is a lifelong educator, with a passion for sharing conversations and experiences in which all parties learn and grow together.

Based in New York, she has been a personal development coach and facilitator since 2015, leading weekend workshops, on-site corporate trainings, and online courses internationally. Her current work is underpinned by her many years studying and teaching global history and wisdom traditions.

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Elisabeth holds a BA from Harvard University in Russian and Soviet Studies and an MA in Teaching from Columbia University. She taught world history for fourteen years and worked on a national level to promote the globalization of history curriculum in secondary schools. She also supports students and scholars as a writing coach and editor, and has worked as a documentary filmmaker, producing and directing a feature-length film about creativity and collaboration. She trained and worked as a personal development coach and facilitator at The Rao Institute for five years before co-founding Wise Humanity.



Among other eclectic interests, Elisabeth is a student of meditation, an avid reader, traveler, and photographer, and enjoys vegan cooking and volunteer work.

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Wise Humanity is the culmination of my lifelong study of global wisdom and my dedication to education. At the heart of all teaching is the goal to uplift, and at the core of all learning is the wish to live our best lives. I love that at Wise Humanity, we directly address what is most important to each of us.

– Elisabeth Sperling

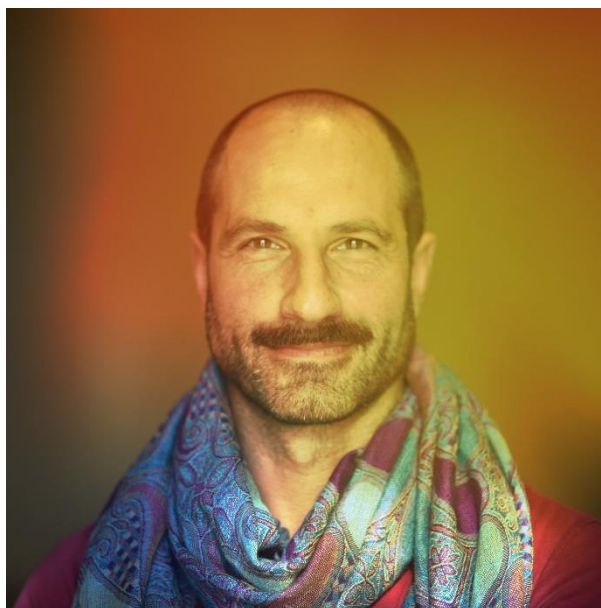
## Davide Pagnotta

Davide Pagnotta holds an MSc in Physics, an MBA from London Business School and a Coaching Practitioner Diploma from the Academy of Executive Coaching of London. He's also a leadership lecturer at Ravensbourne University London.

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For 20 years, Davide enjoyed an international career in a variety of manufacturing and infrastructure industries.

His corporate life culminated in heading a Business Unit for a global Engineering and Construction company. He then decided he had achieved the zenith of his corporate career and could use his leadership and people skills in a more fulfilling, impactful way. That's when he became a coach, a teacher of personal growth programs at The Rao Institute, and later a co-founder of Wise Humanity.



Davide's vision is to launch and support individuals and businesses on a journey of enhanced fulfilment and higher empowerment, to build a better future for themselves, their communities and the planet. Among other eclectic interests, Davide enjoys painting oil portraits, has a passion for different forms of theatre, and is an avid book reader, cinema goer and globe trotter.

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Wise Humanity is my way to pay forward all the happiness I've had in my life, the incredible opportunities and learnings, the practical wisdom tools I've learnt and developed, and all the love I've received. It's at the same time the place where all my eclectic past unites and finds meaning, and my way to share it all to help people enhance their whole experience of life, find fulfillment and their own meaning.

- Davide Pagnotta



Thank You



Wise Humanity is  
dedicated to helping  
people unlock their  
inner resources, break  
through self-limiting  
beliefs, and live  
authentic and fulfilling  
lives for themselves  
and society as a whole.