



Discover Your Inner Superhero Workshop

A 2-DAY L.O.V.E. OHANA INITIATIVE™ EXPERIENCE

DAY 1: REMEMBERING WHO WE ARE FROM ARMOR TO AWARENESS

8:00 AM - 9:00 AM

Registration & Ohana Breakfast

Participants enter a welcoming environment designed to reduce emotional barriers and encourage human connection.

Includes:

- Hawaiian-inspired atmosphere
- Music
- Peer introductions
- Reflection prompts
- Breakfast and networking
- Workshop journal
- Challenge coin
- Welcome packet

9:00 AM - 10:00 AM

Opening Ceremony: Welcome to The L.O.V.E. Ohana™

The workshop begins with a warm, grounding opening experience that creates emotional safety, honors service, and invites participants into a community of belonging.

Topics include:

- Emotional safety
- Confidentiality
- Honoring service and sacrifice
- Brotherhood, sisterhood, and ohana
- Workshop purpose
- Creating belonging
- Preparing participants for a meaningful transformation experience

Key message:

“You are not alone anymore.”



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10:00 AM - 11:00 AM

Keynote Experience: Aloha Was My Superpower

This keynote experience shares the story of how aloha-centered living, the L.O.V.E. Principles, and the creation of AlohaMan™ became part of a healing and purpose-rediscovery journey.

Topics include:

- Military service
- PTSD struggles
- Emotional isolation
- Trauma
- Discovering aloha-centered healing
- Creating AlohaMan™
- Rediscovering purpose through service
- Turning pain into purpose

Purpose:

To create emotional authenticity and give participants permission to be honest, open, and human.

11:00 AM - 11:15 AM

Break

Rest, refresh, connect, or reflect.

11:15 AM - 12:30 PM

Session 1: The Hero's Journey After Service

Topics include:

- Identity after service
- Hidden emotional wounds
- Transition struggles
- Redefining strength
- Emotional armor
- Post-traumatic growth
- Purpose beyond the role, title, uniform, or badge



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Interactive Exercise:

Participants reflect on the question:

“Who am I becoming now?”

12:30 PM - 1:30 PM

Ohana Lunch

Facilitated table discussions encourage connection and peer engagement.

Sample table prompts:

- What has helped you keep going?
- Who saw strength in you before you saw it in yourself?
- What does brotherhood, sisterhood, or ohana mean to you now?

1:30 PM - 2:45 PM

Session 2: Ho‘oponopono & Emotional Healing

Topics include:

- Forgiveness
- Self-forgiveness
- Shame
- Grief
- Anger
- Relationship repair
- Emotional release
- Making things right where possible

Guided Reflection:

Participants privately reflect on what they may need to release, repair, forgive, or make peace with.

2:45 PM - 3:00 PM

Break

Rest, refresh, connect, or reflect.



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3:00 PM - 6:00 PM

The Kintsugi Experience

The Beauty of the Scar

Participants:

- Intentionally break pottery
- Reflect on emotional wounds
- Repair pieces using gold
- Discuss resilience and healing

Core message:

“Your scars are not proof that you are broken. They are proof that you survived.”

This session explores:

- Trauma
- Emotional suppression
- Survival
- Identity
- Healing
- Strength forged through adversity
- The beauty of the scar

6:00 PM - 7:30 PM

Ohana Dinner & Decompression

Participants share a meal in a relaxed setting that allows them to continue connecting while also having emotional breathing room after the intensive Kintsugi experience.

Participants may:

- Continue informal networking
- Reflect quietly
- Rest and recharge
- Spend time with fellow participants
- Process the day's experience in a supportive environment

Purpose:

To create space for nourishment, reflection, and connection before the evening storytelling experience.



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7:30 PM - 9:00 PM

Campfire Conversations & Storytelling Experience

Participants gather in a relaxed, informal environment designed to deepen:

- Connection
- Trust
- Vulnerability
- Brotherhood and sisterhood
- Emotional openness
- Shared humanity
- Ohana

Participants may share:

- Life experiences
- Lessons learned
- Personal victories
- Struggles
- Hopes for the future
- Moments when they discovered strength they did not know they had

Program elements may include:

- Acoustic music
- Poetry
- Guided reflections
- Storytelling prompts
- Peer sharing
- Closing gratitude circle

For many participants, these conversations become some of the most meaningful and memorable moments of the workshop experience.



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DAY 2: DISCOVERING THE HERO WITHIN FROM HEALING TO PURPOSE

8:00 AM - 9:00 AM

Breakfast & Guided Reflection

Participants return for breakfast, light connection, and grounding exercises.

Reflection prompt:

“What did I discover yesterday that I do not want to forget?”

9:00 AM - 10:15 AM

Session 3: The L.O.V.E. Principles as Superpowers

Participants explore:

- **Learn**
- **Open your heart**
- **Volunteer**
- **Empower**

Each principle becomes a practical resilience and leadership superpower.

Exercise:

Participants identify which L.O.V.E. superpower they most naturally carry, and which one they want to strengthen.

10:15 AM - 10:30 AM

Break

Rest, refresh, connect, or reflect.

10:30 AM - 12:00 PM

Session 4: AI Superhero Identity Creation

Participants use guided AI tools to create:

- Superhero identity
- Mission statement



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- Visual imagery
- Future vision
- Symbolic representation of strength
- Personal service mission

A.J. Ali's superhero character is **AlohaMan™**. This session helps participants realize and create their own superhero character as part of the L.O.V.E. Ohana group of superheroes.

Purpose:

To help participants reimagine themselves through healing, purpose, resilience, leadership, and hope.

12:00 PM - 1:00 PM

Ohana Lunch

Connection, nourishment, and peer engagement.

Sample table prompt:

“What mission is beginning to rise in me now?”

1:00 PM - 2:15 PM

Session 5: Mission After Service

Topics include:

- Purpose rediscovery
- Mentoring
- Service opportunities
- Community leadership
- Coaching pathways
- Workforce development
- Family healing
- Continued mission after trauma, transition, retirement, or burnout

Participants begin identifying their next mission.



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2:15 PM - 2:30 PM

Break

Rest, refresh, connect, or reflect.

2:30 PM - 3:30 PM

Session 6: Becoming Part of The L.O.V.E. Ohana™

Participants are introduced to:

- Ongoing accountability circles
- Mentorship opportunities
- Support communities
- Digital membership
- Leadership pathways
- Certified coach opportunities
- TV series participation
- Service projects

Key message:

"This is not the end of the journey. It is the beginning."

3:30 PM - 4:30 PM

Graduation Ceremony

Participants receive:

- Graduation certificate
- Challenge coin
- Official L.O.V.E. Ohana membership
- Group recognition

Additional elements may include:

- Superhero identity reveal
- Professional group photos
- Testimonial interviews



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- Group commitment to put L.O.V.E. into action

4:30 PM - 5:00 PM

Closing Message from AlohaMan™

Final message:

“Your greatest strength may not come from what you survived. It may come from what you choose to become because you survived.”