



IAC

Institute of Applied
Consciousness

Building Presence

Empowering Students
and Educators



Dear Educators and Partners,

At the Institute of Applied Consciousness, we believe that every classroom holds the potential to be a place of balance, connection and awakening.

The Presence Programs were created to support teachers and students in cultivating this state — where learning and wellbeing grow together through awareness, empathy and authentic human connection.

Over the past three years, the Presence Program has been piloted in partnership with a prominent school in Western Australia. What began as a small initiative has evolved into a living framework for conscious education; one that strengthens self-awareness, emotional regulation and leadership at every level of school life.

These programs are the result of over four decades of clinical and consciousness-based work by Melaney Ryan, combined with practical application in contemporary education. They bring together evidence-based wellbeing tools, neuroscience, and compassionate presence to meet the needs of today's students and teachers.

We are honoured to share this Building Presence Pack with you — a reflection of what becomes possible when consciousness is applied in education.

Thank you for taking the time to explore how Presence can serve your school community.

With gratitude,
The Institute of Applied Consciousness (IAC) Team

About the Institute of Applied Consciousness (IAC)



The Institute of Applied Consciousness delivers evidence-based programs that strengthen mental, emotional and social wellbeing in schools and communities.

Rooted in more than 40 years of clinical and consciousness-based practice developed by Melaney Ryan, IAC's Presence Programs bring practical tools for balance, self-awareness and compassionate leadership into everyday education.

Through its three integrated pathways — **Personal Presence**, **Presence Teacher Training** and **Leadership Presence** — IAC equips individuals with lifelong skills to reduce anxiety, enhance focus, regulate emotions and cultivate genuine connection in the classroom and beyond.

Our Mission

Our mission is to equip students, educators, leaders and the wider community with practical tools that strengthen emotional regulation, reduce stress and support mental wellbeing. We believe in providing students with the essential skills to navigate the complexities and mounting pressures of our modern world, ensuring they are equipped not just to survive, but to thrive. Through this foundation, we are dedicated to cultivating empowered individuals who are deeply anchored in their own self-knowledge, allowing them to lead with purpose and contribute meaningfully to the world.

Our Vision

Our vision is to embed conscious education into the heart of schools worldwide; building a generation of resilient, emotionally intelligent individuals who move through the world with clarity, compassion and authentic presence. Through the power of Presence, we are strengthening the future of humanity – one classroom, one organisation, and one individual at a time.

Our Experience and Impact



40+ Years of Expertise:

Grounded in Melaney Ryan's lifelong work, this framework combines clinical insight with systematic therapeutic practices. It integrates applied consciousness with a deep, holistic understanding of the mind-body connection and energetic anatomy to support the cultivation of embodied presence.



3-Year Pilot Program:

Presence Programs developed and tested in partnership with a prominent school in Western Australia, demonstrating measurable improvements in student engagement, teacher wellbeing and emotional regulation.



Training Pathways:

Professional development for educators and leaders through IAC's facilitator training and mentoring model.



Collaborative Partnerships:

Working alongside schools, communities and wellbeing leaders to deliver sustainable education programs that support long-term change.

Building Presence Begins Here

This Building Presence Pack introduces the three-tiered Presence Programs, shares insights and outcomes from the three-year pilot, and outlines how schools can partner with the Institute of Applied Consciousness (IAC) to embed sustainable, evidence-based wellbeing practices that transform learning and leadership.

Presence is more than a program; it's a living practice that brings awareness, compassion and coherence to the classroom and beyond.

The Three Tiers of Building Presence

An Integrated Program for Students, Teachers and Leaders

The Presence Programs provide a complete framework for wellbeing and conscious education.

Each tier builds upon the next — supporting students, teachers and school leaders to cultivate awareness, emotional balance and authentic connection across the entire school community.

PERSONAL PRESENCE PROGRAM (PPP)

For students across
secondary and tertiary
settings

- Improves self-regulation, focus and emotional awareness
- Builds empathy, confidence and calm
- Introduces simple daily practices for balance and wellbeing

PRESENCE TEACHER TRAINING PROGRAM (PTTP)

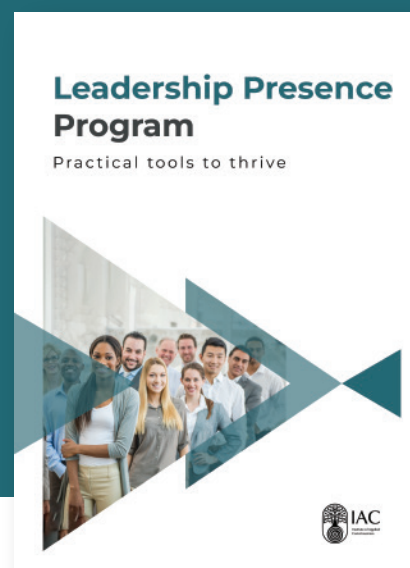
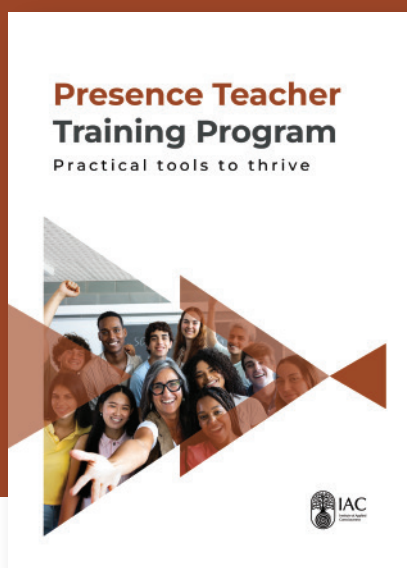
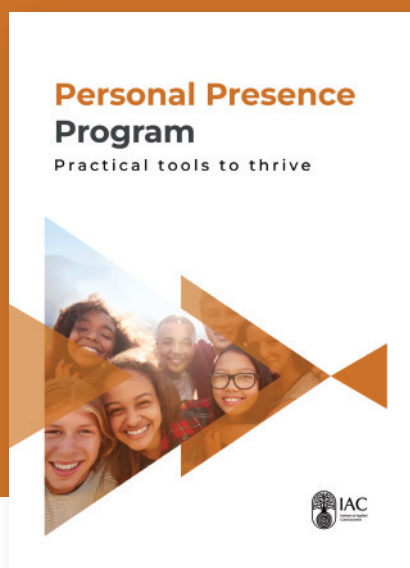
For educators, team
leaders and support staff

- Strengthens educator wellbeing and classroom coherence
- Provides practical tools to regulate stress and energy
- Enhances connection, communication and teaching presence

LEADERSHIP PRESENCE PROGRAM (LPP)

For all educational and
administrative staff

- Develops conscious leadership and decision-making
- Cultivates an emotionally intelligent and values-based culture
- Supports positive school culture and staff cohesion



A Unified Approach

All three tiers share a common language of presence, awareness and self-regulation.

When delivered together, they create a coherent ecosystem of wellbeing; where teachers model the tools they teach, students mirror that calm in learning, and leaders sustain an environment of compassion and clarity.

Empowered Students Harmonised Classrooms Practical Tools to Thrive

What if we could give students more than knowledge?

What if we gave them practical tools to thrive?

The **Personal Presence Program (PPP)** equips students with practical tools to strengthen emotional regulation, mental clarity, and greater self-awareness — empowering them to thrive both in and beyond the classroom. The result? Calmer, more connected learning environments and resilience for life.

THE CHALLENGE – FOR STUDENTS AND EDUCATORS

- Rising levels of student stress, anxiety, and emotional reactivity.
- Increasing pressure on educators to manage behaviour and engagement.
- Growing need for practical tools to support mental health and learning.

THE SOLUTION – PERSONAL PRESENCE PROGRAM

Consisting of four key modules, the **PPP** is designed to:

- Equip students with age-appropriate self-awareness tools.
- Strengthen focus, reduce reactivity, and improve social harmony.
- Support educators in creating calm, regulated classrooms.

THE BENEFITS – FOR STUDENTS

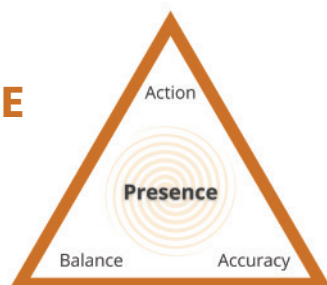
- Improved emotional self-regulation.
- Enhanced focus and calm.
- Increased self-confidence and empathy.
- Improved engagement and resilience.

THE BENEFITS – FOR EDUCATORS

- Reduced behavioural disruption.
- Supportive toolkit catering for diverse needs.
- Proven Social and Emotional Learning program.
- Practical support for teachers and staff.

Bring **Presence** to your school – empower students, transform classrooms.

PRESENCE MODEL



- ✓ Build Inner Strength
- ✓ Balance Stress Response
- ✓ Make Accurate Decisions
- ✓ Cultivate Self-Esteem
- ✓ Self-Regulate Emotions

The **Personal Presence Program** provides students with powerful yet accessible breathing exercises, mindset shift strategies and goal-setting techniques, supported by five audio-guided meditations. Students build a personalised and practical toolkit for lifelong wellbeing.



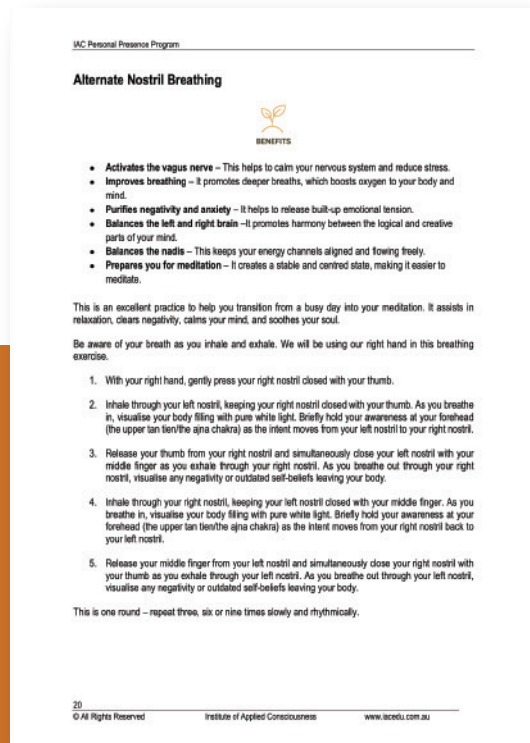
What Students Are Saying

“I have learned how to control my emotions better and how to calm myself, as well as learning how to stay in the present moment.”

What Educators Are Saying

“Since implementing the Personal Presence Program in our school, we’ve noticed a shift in the way students respond — not just to each other, but to themselves.”

Sample Pages



Empowered Students Harmonised Classrooms Practical Tools to Thrive

What if you were trained to confidently deliver a fully-resourced, proven wellbeing program that gave students and staff the practical tools to thrive?

The **Presence Teacher Training Program (PTTP)** equips teachers and educational support staff with knowledge, skills, resources and practical tools to confidently deliver the **Personal Presence Program (PPP)** to students.



THE CHALLENGE

- Rising levels of stress, anxiety, and emotional reactivity.
- Increasing pressure on educators to manage behaviour and engagement.
- Growing demand for practical, evidence-based wellbeing programs.



THE SOLUTION – PRESENCE TEACHER TRAINING PROGRAM

The **PTTP** is designed to:

- Provide an adaptable wellbeing toolkit that strengthens resilience.
- Equip teachers with confidence and comprehensive resources.
- Foster calmer, emotionally regulated, and empowered classrooms.



THE BENEFITS – FOR STUDENTS

- Stronger emotional self-regulation.
- Enhanced focus and calm.
- Greater confidence and empathy.
- Higher engagement and resilience.

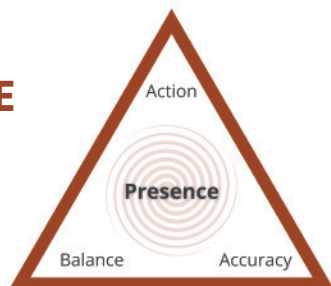


THE BENEFITS – FOR EDUCATORS

- Empowered teachers that lead authentically.
- Stronger, meaningful connections between teachers and students.
- In-depth training, manual, and support for confident program delivery.
- Shared wellbeing culture and lasting sense of community.

Bring **Presence** to your school – empower educators,
inspire students.

PRESENCE MODEL



- ✓ Build Inner Strength
- ✓ Balance Stress Response
- ✓ Make Accurate Decisions
- ✓ Cultivate Self-Esteem
- ✓ Self-Regulate Emotions

The **Presence Teacher Training Program** teaches educators to deliver powerful yet accessible breathing exercises, mindset shift strategies and goal-setting techniques to students. The program is supported by five audio-guided meditations and students walk away with an adaptable and practical toolkit for lifelong wellbeing.

What Students Are Saying

*"The **Personal Presence Program** allowed me to learn how to manage different feelings and emotions, like stress and frustration. The tools and tips help me manage my day-to-day life."*

What Educators Are Saying

*"The **Presence Teacher Training Program** delivers a diverse range of practical strategies that educators and students can easily apply to enhance wellbeing daily."*

Empowered Leaders Harmonised Communities Practical Tools to Thrive

What if you had the practical tools to lead from a place of calmness and clarity, and the inner strength to be present in every moment?

The **Leadership Presence Program (LPP)** equips leaders with practical tools to remain calm, focused, and responsive under pressure. Develop clarity, strengthen empathy, and make accurate decisions in demanding environments. Learn strategies to regulate stress, communicate effectively, and shape the legacy you want to create.



THE CHALLENGE

- Rising levels of stress, anxiety, overwhelm and information overload.
- Increasing pressure on educators to manage behaviour and engagement.
- Growing need for practical tools to support mental and emotional health.



THE SOLUTION – LEADERSHIP PRESENCE PROGRAM

Consisting of four key modules, the **LPP** is designed to:

- Equip leaders with powerful stress regulation and grounding tools.
- Sharpen focus, enhance clarity, and elevate accuracy in decision-making.
- Amplify impact, cultivate authenticity and inspire others.



THE RESOURCES – WHAT'S INCLUDED

- Structured training program with comprehensive e-manual and support.
- Practical techniques and strategies to strengthen presence.
- Five audio-guided meditations to reduce stress, calm overthinking, set goals, and empower presence.

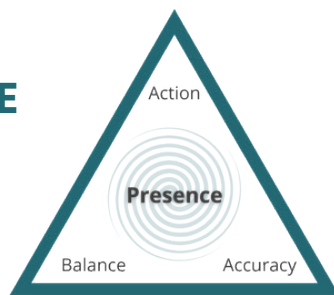


THE BENEFITS

- Stronger synergy across leadership, teachers and staff.
- Purpose-driven action aligned with vision and goals.
- Greater resilience, confidence, empathy and engagement.
- Boosted innovation and productivity.

**Bring Presence to your environment – empower leaders,
transform futures.**

PRESENCE MODEL



- ✓ Build Inner Strength
- ✓ Cultivate Authentic Presence
- ✓ Increased Clarity
- ✓ Aligned Vision and Goals
- ✓ Improved Productivity

The **Leadership Presence Program** offers powerful breathing practices, mindset-shift strategies, and goal-setting techniques. Supported by five audio-guided meditations, leaders develop a personalised wellbeing toolkit, strengthened authenticity, clearer stress management, and the ability to inspire others.

What People Are Saying About The Leadership Presence Program

"This program has helped me through many different aspects of my life and it continues to do so daily."

"Having the time and space to deeply and authentically reflect on our vision and legacy has reinvigorated my sense of purpose and the type of leader I want to be moving forward."

IAC Presence Programs



Personal Presence Program

Cultivating presence, emotional intelligence and inner resilience, the **Personal Presence Program (PPP)** equips students with lifelong tools for self-regulation and personal empowerment. The **PPP** is an 8–12 hour program that can be tailored to suit a wide range of student cohorts. When implemented across the school year, it supports the development of a consistent, whole-school wellbeing culture. Schools receive a 12-month subscription, with unlimited program delivery throughout the year. To ensure quality and alignment, all facilitators must complete the **Presence Teacher Training Program (PTTP)** before delivering the **PPP**.

What's Included

- Complete access to the **PPP** suite
- Five audio-guided meditations designed specifically for school-aged students
- **PPP** manual and structured learning materials
- Continuous updates, resource enhancements and support guides
- Membership within the Presence Schools Network



Presence Teacher Training Program

The **Presence Teacher Training Program (PTTP)** equips educators with the knowledge, confidence and embodied understanding necessary to deliver the **Personal Presence Program (PPP)** with clarity and precision. This immersive training experience strengthens the educator's own presence while developing their capacity to guide students in cultivating emotional balance, self-awareness and grounded inner stability.

Facilitated by an IAC trainer, this certification ensures the **PPP** is delivered with consistency, integrity and alignment across the school community.

What's Included

- A comprehensive eight-hour training delivered by a certified IAC facilitator
- Official staff certification to teach the **PPP**
- **PTTP** and **PPP** manuals
- Complete access to all supporting resources, including lesson plans and PowerPoint presentations
- Ongoing connection to the Presence Schools Network; offering guidance, updates and community support



Leadership Presence Program

The **Leadership Presence Program (LPP)** elevates staff capacity to lead from a place of grounded awareness and emotional intelligence. Through a premium experiential training format, staff refine the skills needed to model presence, regulate internal responses and engage with students with clarity, steadiness and professional composure.

Suitable for both academic and administrative teams, this program provides a sophisticated framework and a lived understanding of presence practices, empowering staff to guide students with accuracy, confidence and authentic leadership.

What's Included

- Eight hours of in-person or online training with an IAC facilitator
- **LPP** manual
- Five audio-guided meditations, including ones for balancing stress, balancing worry and overthinking, and empowerment
- Ongoing connection to the Presence Schools Network; offering guidance, updates and community support

IAC Presence Pathways

Pathway 1 Select One Presence Program	Pathway 2 Integrated Presence Package	Pathway 3 Whole School Presence Package
Educational institutions may begin their Presence journey by choosing one of the three available programs. Each choice supports staff or students in developing presence, emotional balance and wellbeing capacity within the school community. Choose One Program Personal Presence Program (PPP) Annual student wellbeing program or Leadership Presence Program (LPP) Staff wellbeing and presence training or Presence Teacher Training Program (PTTP) Certifies staff to deliver the PPP internally Pricing Structure PPP Fixed annual fee Subscription includes unlimited program delivery for one school year. LPP Fixed fee per staff member A minimum of eight staff is required for the program to run. PTTP Fixed booking fee Covers training for up to four teachers. Additional staff at a fixed fee per participant.	Pathway 2 offers a school-wide wellbeing approach that blends staff certification with direct student delivery. This integrated model ensures the Personal Presence Program is embedded sustainably and delivered with accuracy and confidence. Programs Included Presence Teacher Training Program (PTTP) Certifies staff to deliver the PPP and Personal Presence Program (PPP) Annual subscription for ongoing program delivery Pricing Structure PTTP Fixed booking fee Covers training for up to four teachers. Additional staff at a fixed fee per participant. PPP Fixed annual fee Provides one year of program access with unlimited student delivery.	Educational institutions may select Pathway 3 for the most comprehensive Presence offering. This pathway includes all three Presence Programs, supporting a fully integrated wellbeing approach across both staff and students. It is ideal for schools seeking to embed presence, emotional balance and wellbeing culture throughout the entire educational community. Pricing Structure Personal Presence Program (PPP) Fixed annual fee and Presence Teacher Training Program (PTTP) Fixed booking fee Covers training for up to four teachers. Additional staff at a fixed fee per participant. and Leadership Presence Program (LPP) Fixed fee per staff member A minimum of eight staff is required for a program to run. Complimentary Inclusions This pathway includes three complimentary Leadership Presence Program places. Schools pay for eight LPP participants and receive eleven places in total. Additional participants beyond eleven may be added at a fixed fee per participant.
Total cost depends on which program is selected under Pathway 1 and the number of participating staff.	Additional charges apply for extra staff beyond the initial four included in PTTP.	Additional charges apply only for PTTP participants beyond the four included, and LPP participants beyond the eleven included.

Building a Generation of Presence

Thank you for exploring the Institute of Applied Consciousness (IAC) Presence Programs.

Through our integrated three-tier framework — **Personal Presence**, **Presence Teacher Training** and **Leadership Presence** — we aim to create resilient school communities where mental clarity, emotional regulation and authentic human connection are at the heart of the experience.

We appreciate your interest in partnering with us to evolve the educational landscape through the transformative practice of Presence.

Get in Touch

We are here to support your school or community's transition towards a culture of wellbeing and conscious leadership. For all enquiries, partnership opportunities, or to book a program, please contact our team.

✉ admin@iacedu.com.au

🌐 www.iacedu.com.au

📷 [@iac_edu](https://www.instagram.com/iac_edu)

Discover More

Scan the QR code below to visit our digital hub, explore our full range of education packages, and access further resources.

