

THE CODE PROGRAM

PRESENTATION

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THE +/- CODE SCHOOL PROGRAM

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PRESENTATION OF THE +|- CODE PROGRAM

• GLOBAL DEFINITION OF THE +|- CODE PROGRAM:

This very advanced Program is an extraordinary key to develop [Emotional Intelligence \(EQ\)](#). It is designed for children from 7+ until University students and even adults that wish to learn and improve their EQ. This program is based on 26 HD videos of approximately 25 minutes each + 1 full year Student Manual along with 1 Teacher Manual. These video courses of 26 Editions can be presented in a 1 - 2 hour class (or more) per week or per fortnight during the school year and include exercises to be done either at home with the parents or at school with the Teacher.

KEY POINTS OF THE +|- CODE PROGRAM

- ✓ From 7+ until University, and even for adults
- ✓ Program designed for Schools and parents
- ✓ Approx. 25 min videos/webinars + one Manual for Teacher/parent and one Manual for Student (books or online options)
- ✓ No extra work for schools or teachers/parents
- ✓ Available online on our private & secure cloud solution
- ✓ High quality HD video production
- ✓ It is up to the school/families to decide how often the Program is to be diffused; we provide 26 Editions for 1 Year Program
- ✓ Schools (or bigger organisations) will receive a special login after registration to connect to the online school portal.
- ✓ To begin the Program, you simply need a projector and a computer with a sound system
- ✓ The main objective of this educational game is to recognise if the image is +, - or if it represents tendencies
- ✓ Every video episode can be followed by answering the questions contained in the Student Manual (online or paper format)
- ✓ The Teacher Manual contains answers, tips, explanations, image descriptions, discussion ideas and much more to provide a very interactive course and deep understanding of the students' answers
- ✓ We recommend one hour per week to include in the School Annual Program (or more with extra activities and discussions), or it can be presented as an additional activity at school or done at home supervised by parents
- ✓ This program is also available on individual basis for parents

ONE very important aspect of the greatest knowledge of all regarding consciousness is understanding the notion of plus (+) and minus (-) in terms of life experimentation and experience, choices, projects, etc. Indeed, the notion of + and - is a fundamental base - a deep, solid foundation - that all human-beings should have and know innately. However, the fact is that most of the time, just having to say yes or no can become phenomenally challenging for the brain, involving a whole complexity of elements and memories that are interconnected to beautiful qualities and/or distortions, and multiple influences and interferences, which end up making something apparently simple, difficult. Even a mature adult or a 70-year-old elder may sometimes find it difficult to answer the simple question: "Is this positive or negative?" or, "What do you feel about this or that?" They may not know what to answer, or they may not know the right answer; sometimes they may simply say yes when it isn't true or right.

We are used to thinking that what is simple is easy, when, in reality, without knowledge, making choices can be much more difficult than a complex calculation. This phenomenon is the result of a continual mixture of the + and - that are created and established in us from earliest childhood throughout all of our learning experiences and choices. In our childhood, our mother may have told us that she loved us while simultaneously conveying unconscious information of emotional dependency, or hidden impatience, aggressiveness, etc., all of which, over time, creates malfunctions in our memories, which alter our conscience regarding the simplest choices, such as loving, advancing, eating, helping, making decisions, etc.

Sometimes our memory is truly an interconnected maze or labyrinth, containing lots of major or minor blockages for so many of us. By studying Symbolic language, we can understand and change this programming code in ourselves and activate right, well-balanced discernment of the pluses + and minuses -.

THE MAIN OBJECTIVES ARE:

- **A UNIQUE PROGRAM TO DEVELOP HIGH POTENTIAL IQ (INTELLIGENCE QUOTIENT) & EQ (EMOTIONAL QUOTIENT) IN CHILDREN & TEENAGERS**

↑
A school program that helps students improve their inner depth, develop profound insight and acquire global vision by introducing and instilling better balance, more equilibrium between intellectual & emotional intelligence.

- **HELPS STUDENTS TO MAKE CHOICES, TRANSMITS PROFOUND, MULTIDIMENSIONAL KNOWLEDGE**

↑
By developing the right discernment as well as a profound capacity to decode and feel the emotions of a person or situation.

- **THE +|- CODE PROGRAM IS THE FUTURE OF ADVANCED EDUCATION**

↑ It is essential to help new generations to think and see more deeply, otherwise they are easily influenced by multiple factors on the conscious and unconscious level that can create academic failure or difficulties in life. By understanding how to learn to understand life in depth, we then change their realities by giving them knowledge to make better choices & decisions.

- **HELPS TO SEE BEYOND THE FORM**

↑ And behind the facade... Learning to recognise what is hidden behind an illusion... to go deeper than the first level of understanding... is so essential.

- **AWAKENS & DEVELOPS AWARENESS, HELPS TO SOLVE PROBLEMS**

↑ Seeing a solution in a problem... Recognising that negativity can trigger positivity in us... And knowing how to rectify, to improve...

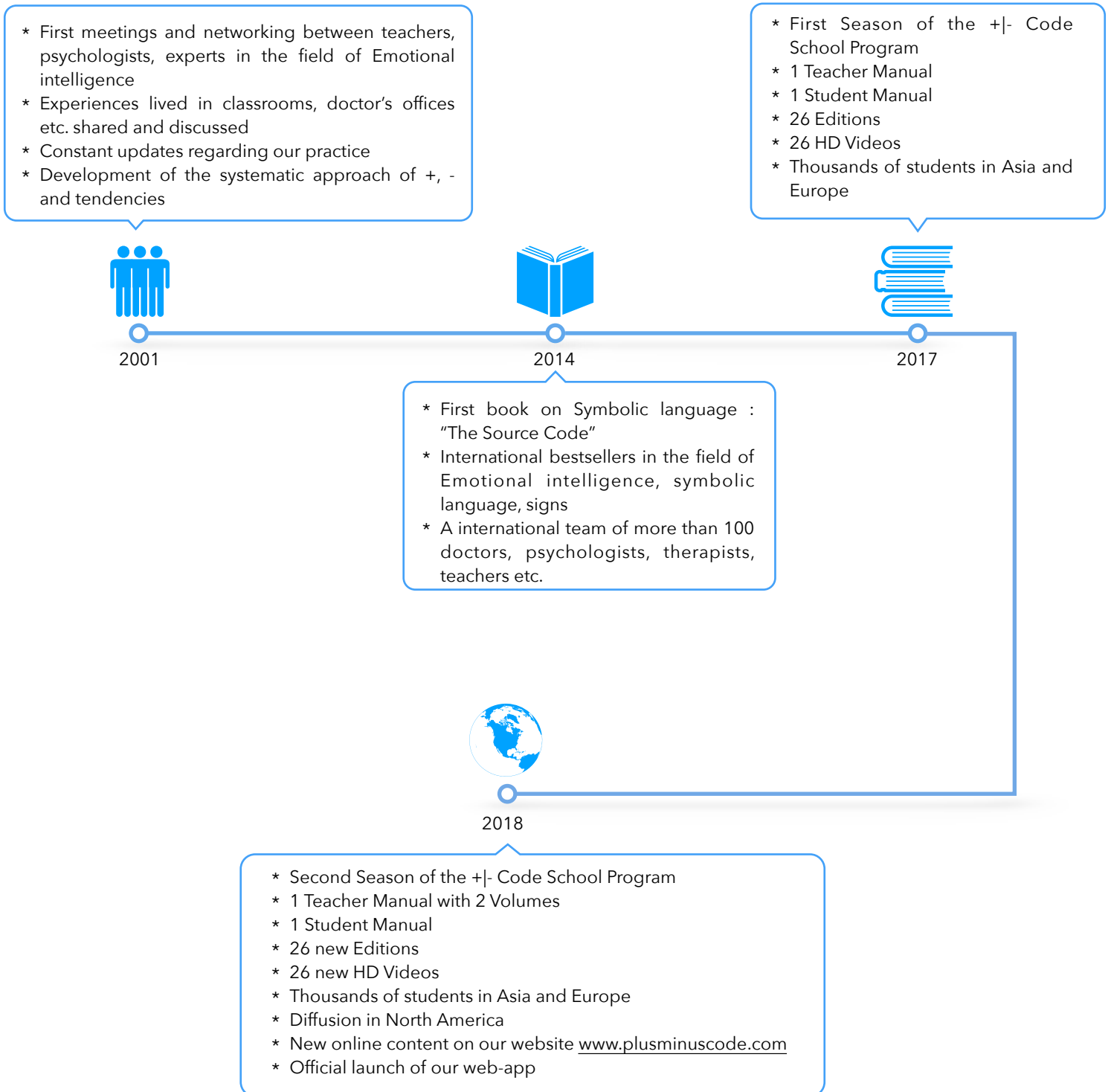
- **HELPS TO BECOME A LEADER**

↑ Leading with global understanding of the multidimensional realities of life today... is the key to future success on all levels.

- **CONCEPTION OF THE +|- CODE PROGRAM**

The +|- CODE PROGRAM is the fruit of 20 years of altruistic collaborative work with the help of dozens of experts (Professors, Psychologists, Psychiatrists, Doctors and other professionals working in the fields of Education, Psychology and Health).

• THE +/- CODE PROGRAM FROM ITS ORIGIN TO 2018



2

EMOTIONAL INTELLIGENCE

- GLOBAL DEFINITION:

EMOTIONAL INTELLIGENCE is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people. **(Psychology Today)**

EMOTIONAL INTELLIGENCE (EQ) represents our **human capacity** to perceive and understand beyond the form and react with sensitivity toward everything that occurs in our life - incidents, events, situations, people, objects, animals, plants, etc. Hence, whenever we look at an object, our way of recognizing and evaluating it has been coded according to the feelings and emotions we have recorded within ourselves during our personal experiences with that object (or type of object). Our experience related to the object can go back to our childhood, can come from influences from parents, friends, societies, and far beyond.

In order to better understand the interaction of the multi-dimensional mechanisms on which our consciousness operates, we can draw an analogy with robotics. For example, in order to recognize a table, a robot will need more than 10 000 photos of tables in all sorts of sizes, shapes, materials and colors.

For human beings, the activation of our intelligence works in a very similar way to a robot or computer, except for the addition of a quantic emotional dynamic related to a multitude of information recorded throughout our different experiences related to that object. Thus, a table may activate sadness in someone who has lived in a family where there was little or no communication, attention or affection in their sharing, whereas for others a table may represent a warm, welcoming, gathering place for wonderful sharing and family unity.

« Studying positive and negative effects on our consciousness activates our emotional intelligence. »

This example shows us that we codify our emotional intelligence, our personal references, landmarks and bearings, and our capacity for recognition in accordance with our personal, sensitive, multidimensional experience. This explains the different associations and reactions people may have regarding the same object.

Emotional intelligence phenomenally increases our lucidity regarding the situations and events life leads us to experience. It also confers global vision and profound empathy, which enable us to have kind, loving discernment and the ability to act with knowledge of the strengths and weaknesses of the people concerned by a situation, event, or other incident.

WHY ARE COMPANIES FOCUSED ON EQ TESTS, ESPECIALLY SENIOR-LEVEL POSITIONS? Companies utilize EQ tests to determine the three most critical elements of job success: *competence, work ethic, and Emotional intelligence.*

History and research suggest that these three elements are more important to job success than job experience or education. Job candidates tend to focus on both experience and education on their resumes; in the future, resumes will either fade away or candidates will learn to include their scores on prior EQ tests.

IMPROVED JOB PERFORMANCE AND PRODUCTIVITY

Improved job performance and productivity are now commonplace for companies that require EQ employee and candidate testing. For example, since the US Air Force started EQ testing, their recruiters and the selected recruiters increased their ability in selecting the best performers by three fold, which resulted in saving \$3 million annually.

Also, a multinational consulting firm assessed their partners and found that those who scored above the median delivered \$1.2 million more in profit from their accounts, which was a 139 percent incremental gain.

Likewise, a national insurance company found that their weak emotional intelligence employees sold less than one-half as many premiums as their strong EQ employees.

Researchers in the Center for Creative Leadership discovered that deficits in Executive emotional competence, mainly, change management, team work, and interpersonal relations were the primary causes of personal and company failures.

Obviously, EQ helps companies and employees improve performance, productivity, sales, customer service and other areas which result in increased success as both a company and human being. What does EQ hold for the future, especially the younger generation of Millennials?

MILLENNIALS

Millennials have vastly different opinions about every aspect of work, how we work, how we manage, and why we work the way we do. They have been branded as narcissists, impatient and very ambitious, disloyal to their employers, value work-life balance, prefer electronic communications to verbal communications, expect to move quickly up their career ladders and have little regard for "corporate responsibility."

Millennials are in greater numbers than the Baby Boomer generation, who now look forward to retirement. By 2020, more than 50% of the workforce will be comprised of Millennials, who will be expected to work longer as life expectancy increases.

This group generally knows no loyalty to their employers and companies who are currently hiring them and have immense challenges in retaining them. Bottom-line is, we need Millennials. They grew up with technology and better understand technology than

employees who have had to adapt to it. Since we are now a technology-based world, we need their skills.

Millennials have the skills we need, but their [behavior](#) is very different than what we are accustomed to working with. They freely place a high emphasis on their personal needs, are uncomfortable with our typically inflexible corporate structures. Expecting to quickly move up in their current jobs or they will move on to what they believe is a better “deal”, dislike information silos, want varied and interesting-to-themselves careers that include constant feedback and encouragement. Millennials also expect flexible work and want to know that their work is worthwhile, while their efforts are being recognized. Basically, they want a different management style and corporate culture than what most companies now have.

Fortunately, there are many positive aspects to consider. Millennials have similar values in some work related situations, such as a need to be committed to a position and a manager who helps them develop their careers. This is a common need for most employees, but this group places greater emphasis on opportunities to both learn and advance and they clearly expect their employers to help with this learning, growing and developing their careers. Also, Millennials need money, like the rest of us. They typically have high levels of student loans and are concerned about the current slow growth of salaries, which may help explain why they job-hop into positions with less than 20% salary increases.

Luckily for companies and their leaders, Millennials share [commonalities](#) of job needs and expectations with older generations, but disparities exist and these disparities must be updated and improved in order to attract and retain Millennials.

ENCOURAGE YOUR MILLENNIALS

For instance, work-life balance is very important to 95% of U.S. Millennials, who were surveyed by Price Waterhouse Coopers. Even worse, one-third of the survey participants believe that work-life balance at their current company is much worse than their expectations. One option is to reward employees, whenever possible, on their results rather than the hours worked and permit employees to decide when and where they do their work. Currently, few companies actually measure productivity when long hours are standard and encouraged by management. Productivity could in-reality, increase if employees are allowed to make decisions on time and place of work.

Millennials love their technology and over one-half, state that they are greatly influenced by companies who provide state-of-the-art technology to their employees. So, why not provide a choice of smartphones as a work benefit and encourage social media as a work tool. This group expects a workplace that includes all the perks they received at home or school: social networking, instant messaging, video-on-demand, blogs, and wikis. If they have this at work, they are likely to be more productive since they are accustomed to always having it available.

Millennials are ambitious and optimistic in their abilities to be successful and they need and expect both good wages and career progression opportunities. Interestingly, they

value training and development and flexible working opportunities over financial benefits. Many millennials respond well to mentoring by older employees, ideally their manager as a coach, but they also want to learn by doing instead of being told what to do. It's critical to this group that they receive praise and regular feedback for a job well done. The companies that understand this importance are much more likely to attract millennials.

Clearly, Millennials have high levels of [Emotional Intelligence](#), at least in most areas, such as empathy, motivation and socialization and this alone will greatly benefit their employers.

For example, [Millennials](#) enjoy helping others. Companies have prided themselves for years on helping those who need help or cannot help themselves; Millennials can make this a true reality in a couple of heartbeats if we, as company leaders, allow them to do so.

Diversity is welcomed by Millennials who see it as an opportunity to enrich their knowledge of others. Most companies have struggled for years to implement true diversity. Allowing this group to implement programs that they intuitively know are needed will help companies and prove to their Millennials that they value their work and passion for this subject.

Millennials need their leaders to be **AUTHENTIC HUMAN BEINGS** that they can personally relate to. Perhaps it's time for Millennials to help train their managers to be more authentic, more caring towards others, implement true diversity, and of course, teach them to use today's technology.

APPROXIMATELY ONE-HALF OF MILLENNIALS IN THE US ARE NOW IN LEADERSHIP ROLES. Because millennials are both idealistic and practical, embrace change and believe change should be constant and routine. They are more likely to overcome the challenges of our divided nation and create a pathway to address both the US and the world's challenges. As they implement change in the areas they believe are critical, our country might just become a country we are proud of and enjoy. How could that be anything but positive?

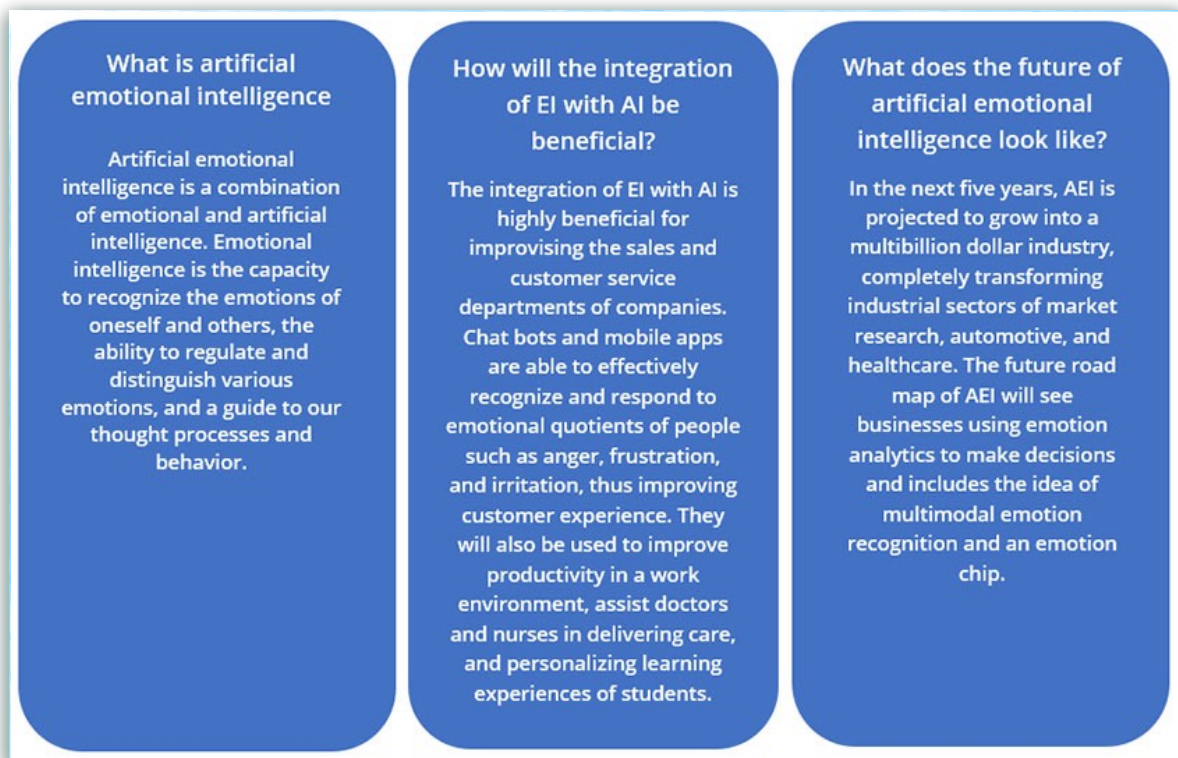
- **[ARTIFICIAL EMOTIONAL INTELLIGENCE: THE FUTURE OF AI](#)**

[HTTPS://WWW.ALLERIN.COM/BLOG/ARTIFICIAL-EMOTIONAL-INTELLIGENCE-THE-FUTURE-OF-AI](https://www.allerin.com/blog/artificial-emotional-intelligence-the-future-of-ai)

Today, approximately [52% consumers around the world use AI powered technology](#). However, even the most sophisticated AI technologies lack essential factors like emotional intelligence and the ability to contextualize information like human beings. This is the sole reason why AI has not succeeded in taking over a major aspect of our careers and lives. Therefore, infusing emotions, empathy, and morality into AI is the next milestone technologists wish to accomplish, and a considerable amount of effort is being put in the process. By the [year 2020, artificial emotional intelligence is deemed to be a technological reality](#).

WHAT IS ARTIFICIAL EMOTIONAL INTELLIGENCE?

As self-explanatory as it sounds, artificial emotional intelligence is a combination of emotional and artificial intelligence. Emotional intelligence is the capacity to recognize the emotions of oneself and others, the ability to regulate and distinguish various feelings, and a guide to our thought process and behavior. It is the most quintessential factor that makes a human being, human. Artificial intelligence, although a technology created to assist humans and help them perform tasks better, still lacks a certain cognitive quotient. The near future, however, will witness a growth in AI solutions, with emotional intelligence being the key-differentiating factor in its value and popularity.



HOW WILL THE INTEGRATION OF EQ WITH AI BE BENEFICIAL?

AI, in several aspects of our lives, has made our tasks a lot smoother and simpler. Machines and robots are already being used in manufacturing and production departments of various companies. Furthermore, AI is changing the game in fields like aviation, education, marketing, finance, heavy industries, medicine, media, and customer service. However, infusing EI with AI systems is more complex process.

Customer requirements are constantly changing and technologies have no option but to keep advancing. The integration of EI with [AI is highly beneficial for improving the sales and customer service](#) departments of companies. Chat bots and mobile apps are able to effectively recognize and respond to emotional responses of people such as anger, frustration, and irritation, thus improving customer experience. Artificial emotional intelligence will also be used to improve productivity in work environment, assist doctors and nurses in delivering care, and personalize the learning experience of students. Making interaction more conversational and relational, artificial emotional intelligence systems are expected to work alongside humans and in a manner similar to theirs.

WHAT DOES THE FUTURE OF ARTIFICIAL EMOTIONAL INTELLIGENCE LOOK LIKE?

In the next five years, artificial emotional intelligence is projected to grow into a multibillion-dollar industry, completely transforming industries, market research, innovation, R&D, and just so much more. In a bid to harness the human-like aspect of AI, Amazon, Microsoft, and Google are already in the process of hiring comedians and scriptwriters to build personality into their technologies. The future road map of artificial emotional intelligence will see businesses using emotion analytics to make decisions and include the idea of [multimodal emotion recognition](#) and an emotion chip.

The hype around artificial emotional intelligence is real. Companies that will be able to effectively incorporate contextual understanding and empathy into their technologies will become the front-runners in this race to technological excellence. However, they must also be cautious of the social and personal implications of such a huge transition.

3

INNOVATING

- HOW DOES THE +/- CODE PROGRAM CHANGE THE DATA ON EQ :

THE +/- CODE PROGRAM is designed for high potential children and teenagers, as well as for children with learning difficulties. This very advanced school program is based on the study and teaching of symbolic language and of how human consciousness works at its root level. *Something no other modern approaches were able to achieve to this day with such precision and scientific depth.*

Source Code Technology's multiple missions, objectives and goals are to conceive and set up new **EMOTIONAL** educational programs for schools, teachers, doctors, psychologists, psychiatrists, nurses, therapists, etc., and to create avant-garde schools for High Potential (HP), gifted children, as well as to help children suffering from attention deficit difficulties, lack of concentration, dyslexia, autistic disorders, or any other learning difficulties.

To understand how innovative our program is, let's explain a bit about how we store data emotionally speaking... Remember that every symbol, whether a table, a chair, or even a bicycle, car or bus, is a line of code for our conscience exactly like a line of code in a computer; i.e. each symbol is a piece of data that programs a very specific function related to human personality. This data may be a way of thinking, of reacting emotionally, or even a behavioural dynamic, which can then be positively or negatively modulated according to a multitude of internal and external factors related to each individual. Hence, a look or a handshake can transmit a multitude of 'code lines' in terms of consciousness and activate hesitation or confidence, etc.

By using THE +/- CODE PROGRAM of consciousness like software where we enter (upload) data, this knowledge develops and eventually leads to the concrete materialization of a capacity to analyze and interpret all kinds of human signals, whether facial, micro expressions, tone of voice, posture, gesture, clothing, and even dreams, which represent the conscious and unconscious mechanisms of our most profound stored emotions and memories, ways of functioning and intimate choices. Not exclusively focused on the human aspect, this Program enables complementary developments via predictive or symbolic analysis of matter, such as color, shape, proportion, disposition, multiple angles of functioning and esthetics, etc.

A BETTER FUTURE is not possible without a great education... In our Studies and Research with thousands of students around the world, we have witnessed tremendous changes and wonderful evolution in their lives thanks to the exponential improvement they've made with their use of THE +/- CODE PROGRAM. Our goal is to transmit this fundamental knowledge to young people and new generations so they may better understand what they sense and feel in their everyday life... So they can create better

relationships, work environments, societies capable of making wiser choices with every thought, feeling and action.

- **ACTIVATING DEEPER UNDERSTANDING OF OURSELVES:**

THE +/- CODE PROGRAM is there to trigger very specifically the roots of our Emotional intelligence, granting us access to a world of multidimensional informations for us to use, in order to create the most beautiful life possible within, and without.

By practicing regularly with the images of the books and video exercises (oral, sounds, etc), we learn how to decode not only what we see, but also what we feel... **WHO** we are on a deeper level.

Whenever we enter into a form of communication (oral, visual, written, artistic, musical, professional, etc.), in the background, our deep emotional brain is activated via positive (+) or negative (-) personal resonances... These resonances show us exactly the less known aspects of ourselves and our forgotten emotional experiences recorded since birth.

By studying how our emotions change our thoughts and behaviors when we communicate with the outer world, we participate consciously in building a strong, true and leadership type personality.

4

OUR CURRENT ACTIVITIES

We have been working for almost 20 years on the creation of The +/- Code Program and we are now very active in many countries around the world, with several offices and schools participating in America, Europe and Asia.

• NORTH AMERICA

• USA

- * The Plus Minus Code Team is an Advocate member of the National AfterSchool Association (NAA) of Atlanta.
- * We are also presently in negotiation and discussion with many schools and organizations in more than 20 states of USA.
- * The launching of the Program has been done in March 2018. The Team already attended the Beyond School Hours Convention in Orlando (FL), the National AfterSchool Association Convention in Atlanta (GA), the BOOST Conference in Palm Springs (CA) as well as the Multi-State Conference in Louisville (KY).
- * The Team will also attend several conferences in 2019 in New York (National AfterSchool Association), Jackson (West Tennessee Title I Conference) and Indianapolis (Indiana Summit on out-of-school Conference)
- * We are already in contact with many schools and different Governmental Education Departments.
- * We also opened an office in USA (Source Code Technology USA, 159 River Road, Essex Junction, VT 05452, 802 729-0011).

• CANADA

- * Diffusion has already started in Canada as well. Meetings and discussions are on their way.
- * We opened a Trust in Canada. (Source Code Technology Trust, 51 St-Antoine, Sainte-Agathe-Des-Monts, J8C 2C4, QC, Canada)

• ASIA

• INDIA

- * We already have nearly 10 000 students who are following the Program. Teachers are very pleased with the Manuals and Videos and continued with Season 2, which was released in June 2018.

- * We also have an IT Team in Goa, India, working with our Senior Computer Engineer Jean-François Bohémier, who was previously working for the Government of Quebec, Canada. He has a diploma from Laval University and has managed the creation and development of The +/- Code website (www.plusminuscode.com). This website is an extraordinary platform that include all the content of the Teacher Manual and Student Manual. Each teacher and student can have his own user account and do the online exercices, see the results, statistics, progress etc. A fascinating and modern way to learn profound values and wisdom. Santhosh and Haritha Nayak, who were working with the Times of India, one of the most important newspapers of this country, are also working with us full-time to help diffuse the Program. They have lots of meetings and presentations with Associations and Schools and they are opening great doors in this country that is welcoming The +/- Code Program with great enthusiasm.

- **VIETNAM**

- * Vietnam has a tremendous potential for The +/- Code Program. We are now in negotiation with an important Association that could allow us to reach around 5 millions of students in the country.
- * The official release of The +/- Code website and online-app took place in Vietnam on December 12, 2018.

- **EUROPE**

- **GERMANY**

- * There are already many students in Germany that are working with The +/- Code Program. Teachers and students are integrating this teaching with great joy and are achieving very positive results. A beautiful impact has been noticed on the Emotional intelligence levels of the students.

- **SWITZERLAND**

- * Our Foundation is based in Switzerland (Source Code Technology (SCT) Foundation, % Schweizerische Treuhandgesellschaft AG, Lange Gasse 15, 4052 Basel).
- * Our accountants Thierry and Sandra Crétin are responsible for the financial management and development of our different activities that help The +/- Code to increase its visibility and general expansion.

- **AROUND THE WORLD**

- * We developed partnerships with different Associations around the world and can rely on the commitment of more than one hundred of volunteers, hence creating a phenomenal network of Foundations and Associations with the wish to help children and teenagers to develop their Emotional intelligence.



FUTURE

TRANSLATIONS TO COME:

- * Translation of the Program is one of our priority since we truly want to make it accessible for everyone and reach as many students as possible.
- * Translation in Vietnamese will be completed at the end of the first quarter of 2019.
- * Translation in French is almost completed for Season 1 (in order to diffuse in France, Belgium, Luxembourg, Switzerland, New Caledonia) and we want to continue with other languages as well: Hindi, Italian, Spanish, German and more.

SEASONS TO COME:

- * We will edit a new Season each year for a minimum of 10 years.
- * We also plan to create a Program especially for younger children in order to be able to offer this Emotional Intelligence Education to students from 3 years old to 24 years old.

OTHER PROJECTS:

- * We also plan to create an App for The +/- Code Program. The preparation of this project is already on going and a Team in Graphika University in Dehradun is planning to help us to develop our Artificial Intelligence Program with many features that will be included in The +/- Code Program.

TESTIMONIALS



HARDEVSINGH BABA EDUCATION SOCIETY'S

Priyadarshani Junior College of Arts, Commerce & Science

Recognised by Govt. of Maharashtra

Regd. No. HSC 1706 (181/06) (A), UMASHI - 1, DL 10.7.2008

SUR No. 226, BEHIND SANDVIK COLONY, BHOSARI, PUNE - 411 039. PH.: 27119706

Ref. No. PJC/37/2018

Date:- 30.04.2018

To,
Source Code Technologie (SCT)

I always felt a lack in the education system as it mainly attends to the intellectual needs of a child and there is not much done in building up the emotional intelligence of a child. I am heading Priyadarshani Group of Schools and Colleges since 1990 and my focus has always been in overall development of a child. Overall here I mean physical, emotional and intellectual. In all these years I have tried various programmes in my schools for the overall development of the children. When I met Kaya and Christiane in June 2015 and understood the +- Code Programme I was happy that I got a complete programme for EQ that I was looking for. It is simple, easy, interesting and very effective programme to raise the EQ of any individual. My students love it and we have seen a big change in them especially when they have to choose between good and bad. They are able to discern well between the plus and minus of many things. They are able to see beyond the illusion or facade and make better choices. They have develop a compassionate heart. I have seen my wife transforming while she is doing this course. Her level of judging has gone down, acceptance has increased and compassion has gone up. All my schools and colleges have taken this programme and the parents and the teachers are very happy and contented with the teachings in it. Many parents have reported that the behavioural issues of their children have gone down. I am certain that all my students who are receiving these teachings are going to be better leaders of tomorrow. I wish all the children on the earth plane, should get a chance to go through this programme and then I am sure there will be heaven on earth.


Jitendra Singh
CEO
Priyadarshani Group of Schools & Colleges,

Pune, Maharashtra, India.

CEO
Priyadarshani Group of Schools & Jr. College
Bhosari, Pune-411039.

Job Title - Directors

Organisation - UCM Foundation of India

Years - Since 2014

The right discernment is very important in life. At work, we meet so many people and go through many situations each day. Everyone comes from different background & environment that creates a way of thinking and doing things for them. But intrinsic emotional nature of people is always based on the need to be acknowledged & appreciated for what they do. And this aspect is most of the time missing in our society these days.

Emotional Intelligence is what helps one to be able to work in such a scenario effectively. We have been personally integrating this in us for many years because it is a key to understand people and bring out their true potential.

We have experienced how when we apply this intelligence, we are able to make a connection which is more humane than one which is based only on the transactions. When such a connection is felt, then people are inspired to contribute from their heart. We work with a team which is mostly volunteers and this becomes even more important in such an environment.

The situations that arise at work, if we do not apply our discernment of Plus & Minus well, then it can become biased sometimes. Even if people accept it, but in their heart it creates a disconnect and feeling of injustice. This can lead to major problems for the organisation eventually.

This knowledge has always helped us to 'think' as well as 'feel' the situation and people involved in it, so that the right direction is taken always.

Santhosh Nayak

Santhosh Nayak

Haritha Nayak

Haritha Nayak

Date: 24th April 2018

Blánaid Rensch (Mrs),
M.A. & Higher Diploma in Education (Trinity College Dublin, Ireland)
English Language & Literature Teacher & Student Counsellor/Mediator
Senior High School
Switzerland

March 31st, 2018

To whom it may concern

As a teacher with 37 years of experience at all levels, from kindergarten (Montessori method), to junior and senior high school, and student counselor/mediator for the past 16 years, I have always been interested in how to help our young people express, understand and deal with their emotions and to be discerning. I put this into practice as a mother when my children were young. I always asked them about the message conveyed in each movie and whether that message was positive or negative, inspiring good or promoting negative behavior, why the characters' acted and reacted as they did and what possible future consequences this could lead to. Finally, could they detect similar reactions in themselves at times? That they should learn discernment, understand emotions, develop empathy and non-judgmental self-awareness at an early age was a priority in their upbringing.

Having taught in international schools, and in multi-cultural Switzerland throughout my career, where frustration can easily arise initially due to a lack of mastery of English, a foreign language for Swiss and overseas students, I came to an early realization of the need for students to be taught Emotional Intelligence. Without such guidance and knowledge, many students' – whether foreign or indeed mother tongue – self-esteem and capacity to learn and progress is hindered by a lack of emotional competence. Furthermore, for senior students preparing to go to university, EQ skills make all the difference between success and failure on both the academic and social levels.

In my particular subject, English Language & Literature, helping students acquire good self-confidence and generally good social skills is essential when it comes to expressing their point of view and communicating in a foreign language. As for literature, being able to analyze texts, to perceive the author's intentions, the characters' strengths and weaknesses and the message conveyed requires significant Emotional Intelligence.

Throughout my career, I have studied various methods and read a lot of authors on the subject of developing Emotional Intelligence and finally, from text to image – which has become even more essential in today's visual society – the fundamental questions: *is it positive, negative or are there nuances of both (tendency)?* sum up the essential aspects of profound perception and correct evaluation of the intention in people, texts, images, advertisements and movies, to mention those particularly related to my specialization, and help create a solid foundation for Emotional Intelligence and gradual emotional mastery, a skill for Life.

I've been working with this specific method for over 15 years and am thoroughly delighted to participate and see the fruit of this work published in the wonderful gem of *The +/- Code School Program*, which contains the essential elements to help students develop their EQ in a lively, interesting, fun and yet very profound way. Its entire structure leads students to develop and gain confidence in their emotional, sensory, intuitive but logical perceptions and greatly increases their capacity for independent thinking and autonomy. It provides them with exponential life skills and the tools for personal, social and professional happiness.

I truly believe *The +/- Code School Program* is the educational future for today's and tomorrow's young citizens, those citizens whom MTV, social media and network now refer to as "The Founders"¹... *The +/- Code* provides our young people with a solid foundation on which to build the future.



Blánaid Rensch
M.A.
H. Dip. In. Ed.

¹ <http://time.com/4130679/millennials-mtv-generation/>

My name is Marion Grelot and I am a teacher working in Switzerland. I have been using the +|- Code for about 10 years. I started to really apply it when I was a teenager. It was a great support during the more difficult times of my life. When I had to make a decision, I always thought about the plus and the minus sides of it and it also applied to my projects, that I could build on a solid foundation. It helped, and still helps me, make wise and good choices and I think it was the key that allowed me to go through this stage of my life much easier and with a clear understanding.

I am using the +|- Code in my daily routine and I try to improve my Emotional Intelligence by being aware of my feelings and by trying to understand them in connection with a situation or a person. This way of living allows me to develop qualities and I think that it helps me become a better person. In my opinion, this is what we should try to achieve in our modern education in order to support the children and build a positive future for our world...

My own experience and the fact that children had increasing difficulties in learning but also in interacting with each other made me become more aware that we should help students understand themselves better and support them. I started thinking that it was very important to introduce the +|- Code and the concept of Emotional Intelligence into our schools and this is the reason why I started using them when I became a teacher and I gladly apply it every day in my work with students.

So, in my daily work, I teach my students not only to think and learn but also to feel. We discuss profound matters that relate to emotions like anger, sadness, etc. in relation to situations (fights between students, stress during exams, a feeling of being rejected from a group, etc.). We also have a weekly discussion where students will write one positive aspect of another student and one thing he could improve, always in a beautiful atmosphere of respect. This way, students can train their ability to identify the strengths of one another and learn to speak about weaknesses while trying to transform them. I am so touched and grateful to notice a beautiful and deep connection between the students because they learn to take one another into consideration thanks to the understanding of their own feelings and the feelings of others. I also ask on a regular basis if they think a decision, a behavior, a project is positive or negative and we try to see the plus and minus aspects and thus they start to have a better discernment.

All these beautiful dynamics in the classroom create not only discernment but also deep values like empathy, respect, kindness, etc.

Students can now express and understand their feelings, the ones of others, they have a positive and profound discernment and I can say that this helps them grow amazing capacities and skills to positively manage relationships and situations, which I think will help them in their future on the personal but also on the professional level.

Thus, applying the +|- Code and the Emotional Intelligence on a daily basis, on a personal and professional level, became an essential key for me. I am capable to do wise choices because I am able to understand the positive aspects and also the negative aspects. I can understand my feelings and I think that this helps me make my life more balanced. Using this in my daily work with students has shown me that it was useful as well as very important and therefore I hope, with all my heart, that it will help students around the world and that it will be the foundation of the Education of Tomorrow...

Marion Grelot

Marion Grelot
Teacher, Switzerland

Le 28 août 2017

à

La Source Code Foundation

Psychologue dans un Conseil départemental, j'accompagne les Assistants familiaux du département dans l'exercice de leur fonction de co-parentalité auprès d'enfants confiés par les Juges, dans le cadre de la Protection de l'Enfance.

Ces enfants sont marqués par des dysfonctionnements éducatifs, de profondes carences affectives qui les entraînent dans une spirale comportementale négative voire asociale sur les plans psychique, intellectuel et émotionnel.

Ils sont en demande consciente et inconsciente de recevoir une attention spécifique pour mieux se comprendre et de pouvoir bénéficier d'un accompagnement durable pour exprimer leur potentiel dans un cadre sécurisant et ouvert.

Certains assistants familiaux sont sensibles à cette approche et demandeurs d'acquiescer les bases du Langage Symbolique pour mieux comprendre les troubles de comportements des enfants qu'ils accueillent et favoriser une évolution de leur fonctionnement psychique focalisée sur le discernement et le développement de l'intelligence émotionnelle.

Bon nombre d'adolescents en rupture avec l'enseignement scolaire ou/et leur environnement familial sont preneurs de cette précieuse **structure** qui leur apporte une connaissance et une compréhension de l'interaction entre leur conscient et leur inconscient.

Ils acquiescent une facilité pour exprimer leurs états d'âme et une capacité à se transformer pour re-modeler leurs comportements dysfonctionnels liés au stress, aux difficultés d'apprentissage et de communication, au manque de concentration, à la précocité de leurs facultés intellectuelles, à l'hyperactivité...

Ils sont fascinés de découvrir la logique imparable du Code Source de leur (la) conscience qui agit autant dans le concret que dans le monde abstrait (idée, concept,...).

C'est très touchant pour moi d'assister à l'énergie multidimensionnelle et à l'enthousiasme qu'ils déploient pour apprendre le Langage Symbolique et reprogrammer leurs mémoires de façon autonome.

Je vous remercie infiniment de m'avoir donné accès à ce fabuleux décodage du fonctionnement de la conscience qui, je l'atteste, donne de fantastiques résultats sur les adultes et les jeunes que j'accompagne. Leur progression deviendra notre avenir.

Catherine Leblanc
Psychologue Départementale
Direction des Solidarités
Accueil en Protection de l'Enfance
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isère
LE DÉPARTEMENT



SOURCE CODE
TECHNOLOGY
[SCT] AG

May 24th, 2018

The +/- Code School Program

To whom it may concern

As a former Teacher and Assistant director of a school in Geneva (Switzerland), I was directly involved in children's education, and realized that the intelligence of young people is developing in a way that is bringing a new dimension to our societies. To be able to adapt to their new ways of thinking and reflecting, and create a stable structure of accompaniment of the young generations, I understood during my working experience that we should also complete our way of perceiving intelligence. However, there was no school program that represented this new way of living.

Discovering the impact of the teaching of Emotional Intelligence on young people helped me to be conscious about its importance in Education. Being exposed to a large number of collective situations through social medias and perceiving so many new information every day through their daily use of technologies (smartphones, computers, etc.), young people need to be able to place themselves in this context, and develop a new way of discerning their environment, that is closer to their emotions, feelings and perceptions of hidden realities that are present beyond the form.

To take good decisions and make right choices that will bring us positive perspectives of evolution in life, we need to understand that we are deeply influenced by everything that surrounds us in our daily life. And if we don't develop our EQ (emotional quotient), we can find ourselves being influenced by negative attitudes, behaviours and ways of living, without questioning them profoundly. Is it right to do this? How does the person feel when they say or behave like this? Will I develop positive aspects in my life if I started behaving like this person? All these questions are essential for young people to evaluate their social environment, and very often, they can't find clear or precise answers in them, finding themselves being influenced without having perceived the true nature of their models or idols.

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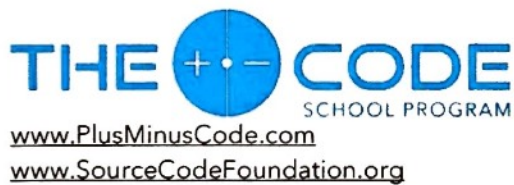
This is why I decided to commit myself in The +/- Code School Program. This Program is a profound help for all teachers who wish to bring a deeper understanding to their students, that allows a balance between IQ and EQ. The +/- Code already helped many students to improve their discernment and gave them the keys to be able to develop better relationships, capacity to focus in class, but also to think deeply about their behaviours and question life. I think it is a necessary step that will help schools to understand young generations in a better way and help them to bring our societies to a new dimension of evolution.

Best regards,



Eloi Delmonico
Director

Source Code Technology (SCT) AG



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Ref. No. PHS/CBSE/06/2018

Date:- 30.04.2018

To,

Source Code Technologie (SCT)

Being a student and a part of Priyadarshani School was and will always be a proud moment for me.

From the time Emotional Intelligence has been introduced learning has become fun for me. With the help of Emotional Intelligence, I really have started finding changes in me.

We students really enjoy watching the images and decoding them in The +|- Code.

Rather than just being a bookworm, this programming has helped in evolving and realizing the value of inner self.

Emotional intelligence is the ability to identify, use, understand and manage emotions in an effective and positive way. It affects the quality of our lives because it influences our behaviour and relationships. I am enjoying this programming a lot and the best part is, I am able to understand other person's behavioural aspects.

I am thankful to our CEO Sir, Nisha Ma'am and Priyadarshani School for introducing this beautiful program.

Sanika Deshmukh

Student

Sanika

MPadwad
Principal
Priyadarshani High School
(CBSE BOARD)
Bhosari, Pune-39.

CABINET D'OSTÉOPATHIE

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5 août 2017

30650 Rochefort du
Gard

Favre de Thierrens Thibaut
Cabinet d'ostéopathie
16 rue du marché, 30650 Rochefort du Gard

Bonjour,

Je suis professionnel de la santé en Ostéopathie depuis 10 ans et je suis heureux de partager avec vous ce qui a pu m'aider à améliorer ma pratique de thérapeute.

C'est il y a quelques années, lorsque j'ai pu approfondir le code du + et du - grâce à la SCT Foundation, que j'ai réellement pris conscience de l'importance de cette connaissance... A l'aide des données qui m'ont été transmises, j'ai réellement pu éviter les pièges dans lesquels tout thérapeute peut tomber.

Effectivement en ostéopathie, l'approche holistique peut parfois manquer de dimension scientifique et concrète... Le thérapeute, qui est généralement formé à penser de façon globale pour comprendre les blocages et ses différentes origines, peut régulièrement oublier d'appliquer la logique et le bon sens dans son traitement.

Par exemple, un patient qui vient pour une douleur de cheville peut tout à fait recevoir un traitement des os du crâne, si l'ostéopathe identifie que l'origine du déséquilibre provient initialement de cette zone... Si le thérapeute n'explique pas ce lien de cause à effet de ce qu'il a identifié, des incompréhensions peuvent émerger chez le patient qui deviendra moins réceptif au soin. Les manipulations ostéopathiques se trouvent ainsi plus difficiles à réaliser et des frustrations peuvent aussi apparaître chez le thérapeute...

Mais, lorsque nous utilisons la connaissance du +/-, nous entrons au cœur de la réalité de l'autre dans le but de l'aider pour ramener l'équilibre relationnel... le soin devient alors constructif pour les deux !

Grâce à cette intelligence émotionnelle que j'ai pu intégrer dans ma pratique et dans ma vie quotidienne, je suis amené à voir au delà de la forme, au delà des mots.

Je comprends le mal être, la résistance... ce qui m'aide continuellement à trouver le meilleur choix pour respecter mon évolution et celle de mes patients. Je préserve un bel équilibre relationnel à travers lequel les personnes se sentent en écoutées et en confiance ; Je pense qu'en tant que thérapeute, nous nous devons de prendre soin de cette réalité, tout en aidant l'autre à évoluer afin qu'il puisse améliorer sa vie.

Maintenant que j'exerce mes soins à travers cette dynamique d'analyse, à travers cette nouvelle intelligence de conscience, je suis en mesure d'identifier les problèmes avant qu'ils ne se manifestent... Ce qui est fascinant avec la logique du +/- et la compréhension du langage symbolique, c'est pouvoir entrer plus profondément dans le mal qui touche la personne afin de lui donner les outils pour qu'elle développe elle-même sa propre autonomie de prise en charge... Grâce à cet accompagnement qui se base à la fois sur une logique neutre et concrète, les personnes sont en mesure de développer plus de compassion envers elle-même et plus de motivation pour initier leurs propres changements.

Je prends souvent l'exemple d'une personne qui viendrait pour « un mal de pied ». Il est facile, avec l'application de la connaissance du + et du -, de comprendre que cette personne a pu accumuler des données inconscientes qui ont créé des tensions au plan de son avancement individuel.

Et par la simplicité de cette logique, il est aussi aisé pour le thérapeute de le transmettre à son patient...

C'est un vrai cadeau qui nous aide à aller au delà de la forme, qui nous aide à découvrir le sens profond des choses et des êtres.

En appliquant cela depuis plusieurs années, je peux témoigner du fait que je suis devenu un autre thérapeute... Ma réceptivité a grandi, mon écoute est plus qualitative. J'aime apprendre de l'autre, le comprendre et devenir le soutien qui permet au patient d'être acteur de son processus de guérison...

Si un thérapeute ou même une personne lambda souhaite se structurer, développer la compréhension des sciences humaines ou encore accroître son leadership, je pense que la SCT Foundation peut réellement l'aider...

A l'heure où l'intelligence émotionnelle (EQ) devient de plus en plus centrale dans nos vies, je suis heureux de témoigner des bienfaits que cela m'a apporté à tous les niveaux.

Cordialement,

Thibaut Favre de Thierrens

Thibaut FAVRE DE THIERRENS

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Ste-Agathe-des-Monts
Quebec, Canada
7 avril 2018

Dr François Bouchard, D.C, N.D. Testimonial

Il existe plusieurs façons d'aider le corps à guérir et plusieurs spécialités pour quasiment chaque organe et système. Ces approches ont un point en commun : elle s'adressent à la surface des symptômes, ceux qui se voient, se mesurent et il faut des années d'études pour en comprendre les nuances... C'est bien connu, pour étudier en médecine, le I.Q. doit être élevé. Plusieurs mots à apprendre, de théories à comprendre, plusieurs diagnostics à évaluer. Or, qu'en est-il du E.Q. ? A-t-il une place de choix dans le domaine de la santé en 2018 ? Est-il possible d'ajouter au diagnostique visible, un diagnostique sensible ?

Avec plus de 20 années d'expérience dans l'étude et l'application du E.Q. en approche clinique et thérapeutique, - avec l'aide des travaux et recherches de la SCT - je confirme par ce témoignage, que la médecine pourrait bénéficier d'intégrer davantage en pratique l'Intelligence Émotionnelle pour mieux accompagner leurs patients et augmenter le taux de réussite de leurs différents traitements.

J'ai vu - et continue de voir - de véritables « miracles » s'accomplir lorsqu'un patient soudainement comprenait la cause émotionnelle de son problème corporel... Je n'en doute plus : il existe un + et un - à décoder derrière toute maladie... Avec cette approche sensible et logique, j'ai assisté à des changements surprenants, rapides et constants, qui venaient régulièrement réécrire les théories physiologiques présentées dans les manuels scolaires d'aujourd'hui.

Le CODE +/- est maintenant mon outil de prédilection pour offrir mes soins. Tout en continuant d'utiliser mes connaissances théoriques, j'élargit mon champ de connaissance au niveau émotionnel avec les livres de base avant-gardistes de la SCT. Ils sont simples et accessibles et l'approche globale se développe beaucoup plus loin lorsqu'on en connaît les prémisses. J'applique quotidiennement et de façon approfondie le décodage émotionnel dans chacune de mes rencontres thérapeutiques avec des résultats mesurables, récurrents, qui je pense demanderont un jour de réévaluer les fondements de la patho-physiologie.

Notre corps est composé de + et de -... D'atomes, de protons +, d'électrons - et cherche constamment l'état de neutralité, qu'on appelle : homéostasie... synonyme de Santé.

Derrière cet état d'équilibre parfait se trouvent des forces émotionnelles positives et négatives, conscientes et inconscientes, qui se repercutent graduellement jusqu'au physique... Ajouter à notre banque de savoir ces connaissances du langage émotionnel, c'est s'outiller à être plus que des médecins savants... c'est apprendre à devenir des médecins compatissants et sensibles, plus conscients des réelles origines des malaises et maladies.

Dr François Bouchard.

Nils Delmonico (Mr)

M.A. in Spanish and English Language & Literature, Teaching Degree

Teacher, Tutor/Mentor

Post-secondary school

Geneva, Switzerland

I've been a teacher for about 20 years now, and I've concretely been working with the +/- Code School Program for 5 years, and I was part of the editorial team for the first edition.

I teach English, Spanish and Chess, and I am also a tutor-mentor for students doing on-site social trainings as educators, youth workers, childcare / elderly care workers, and so on.

The +/- Code School Program has for me become one of my main teaching tools, primarily so I can teach, help, accompany and understand my students as best as possible. Most of them often come from underprivileged families, with no potential for higher studies and often various behavioural and/or emotional challenges. As a lead teacher, it is necessary for me to provide them with the best assistance possible, and the +/- Code School Program has become a fantastic tool.

Once this trust-based relationship is established, I can proceed with passing on new values and skills that will not only help them with their future projects, but also with their present difficulties and goals.

The great advantage of teaching languages is that I can precisely use those languages to convey values and skills that some other subjects would not – though the +/- Code School Program is so universal that a little creativity makes a lot of options available.

As a concrete example, I am currently working on oral presentations in a Spanish class. As my canvas is based on the +/- Code School Program, my first step was to have my students choose one picture, and then have them analyse it in terms of positives and negatives, compare their interpretation before and after the exercise, and then have them present their results to the class. It is really amazing to witness how rich and deep their analysis can be when you consider how simple a +/- instruction is. They don't only learn a language; simultaneously, they develop a whole range of skills that can be applied to their everyday life in whatever circumstances, thus strengthening their self-confidence, discernment, emotional intelligence and overall life skills.

As a lead teacher, the +/- Code School Program is one of the best tools to help students discover their own potential, particularly (as is the case in my school) when teenagers are searching for who they really are, when they need to develop future projects, introduce themselves to a possible boss, deal with a difficult family situation – the applications are really endless. And that include the parents 😊

I cannot but recommend the +/- Code School Program to my fellow teachers, as it will give their mission an entirely new dimension...



THE  **CODE**
PROGRAM

 **SOURCE CODE TECHNOLOGY [SCT]**
FOUNDATION OF SWITZERLAND