

# Integration *Spaces*

Course calendar, September 2026 through January 2027

An Integration Space is a community of practice where you become the researcher of your own life. For 21 days, using the YOU Model as the framework and the R.E.A.D. Method as the protocol, you run a structured study with one participant: you.

Not a course about an external subject. Not therapy. A small cohort, a daily practice, and evidence in your own words. You are the curriculum.



Scan to enroll now

Point your camera at the code to choose your Space and take your seat.

[humanliteracyinstitute.com/integration-spaces](https://humanliteracyinstitute.com/integration-spaces)

## Each morning

A five- to fifteen-minute video from Dr. Moore.

## Each evening

A two-minute check-in: one numerical rating and a brief reflection in your own words.

## Each week

One live hour together: the heartbeat of the experience.

## Day 21

Your personal YOU Report: a summary of your findings, returned to you.

# Three Spaces. One practice.

Every Space runs the same 21-day architecture and the same method. What changes is the aperture: the part of your life you place under study.

## Accessing Ability

### CAPABILITY · UNLOCKING WHAT IS ALREADY IN YOU

For anyone whose capacity and performance feel out of alignment. You study the gap between what you can do and what you actually get to use, and you practice removing the internal barriers that keep your own ability out of reach.

#### AN EXAMPLE OF THE NIGHTLY QUESTION

*Of your available capacity today, how much were you able to use?*

## Leading from Within

### LEADERSHIP · LEADING YOURSELF FIRST

For people who lead teams, classrooms, or institutions. You study your own leadership moves as they happen: regulation under pressure, decisions aligned with your values, and the shift from automatic reactions to examined choices.

#### AN EXAMPLE OF THE NIGHTLY QUESTION

*Of the leadership moves you made today, how many were examined and chosen rather than automatic?*

## AI & YOU

### JUDGMENT · KEEPING CUSTODY OF YOUR OWN THINKING

For professionals working alongside AI every day. You study the judgment behind the work that carries your name: what you examined, what you let pass, and how you remain the author of what you produce.

#### AN EXAMPLE OF THE NIGHTLY QUESTION

*Of the work you put your name to today, how much of the judgment inside it was actually yours?*

Every capacity you build here is a capacity no algorithm can replace. **This is what AI readiness actually looks like.**

# A new cohort begins every month.

Each cohort runs 21 days, Day 1 through Day 21, followed by a rest window before the next cycle opens. The three Fall Spaces run in every cohort, and beginning with the December cohort the Winter Spaces join the lineup. The January cohort steps off January 4, clear of the New Year holiday.

| COHORT         | RUNS              | REGISTRATION CLOSES              |
|----------------|-------------------|----------------------------------|
| September 2026 | September 1 to 21 | Noon ET, Monday, August 31       |
| October 2026   | October 1 to 21   | Noon ET, Wednesday, September 30 |
| November 2026  | November 1 to 21  | Noon ET, Saturday, October 31    |
| December 2026  | December 1 to 21  | Noon ET, Monday, November 30     |
| January 2027   | January 4 to 24   | Noon ET, Sunday, January 3       |

## Registration is rolling.

Enroll any time. Enrollment for each cohort closes at 12:00 noon Eastern the day before its Day 1, so a seat is available right up until the doors close. When a cohort fills or closes, enrollment simply rolls to the next month's start.

## The R.E.A.D. Yourself Summit

Free and live on Zoom before every cohort: ninety minutes inside the practice, working the R.E.A.D. Method on something real in your own life. Come sit in the room before you decide to join it.

September 28  
7:00 PM ET  
for the October cohort

October 28  
7:00 PM ET  
for the November cohort

November 23  
12:00 noon ET  
for the December cohort

December 23  
12:00 noon ET  
for the January cohort

## THE FRAMEWORK

# The YOU Model and the R.E.A.D. Method

### The YOU Model

Human Literacy names three dimensions of capacity, and every Space develops all three:

**Inner Capacity.** The accuracy with which you read your own state.

**Outer Capacity.** The accuracy with which you read people and systems around you.

**Unlimited Capacity.** The range that opens when the first two work together.

### The R.E.A.D. Method

The daily protocol, four steps in order:

**Recognize** what is happening, in the body and in the room.

**Examine** what it is actually made of.

**Align** it with what you value.

**Decide** and own the decision.

## THE SEASONS AHEAD

### The full catalog, season by season

Eight Integration Spaces span the year. Three are open now, and the rest arrive by season:

#### Winter 2026

OPENS DECEMBER 1

24-Hour YOU Your day, studied as a system.

Neuro ReWired Attention, habit, and the patterns that run you.

#### Spring 2027

OPENS MARCH 1

Whole Health The body as the first instrument you read.

Relationship Intelligence Reading yourself inside your closest connections.

#### Summer 2027

OPENS JUNE 1

Superhuman YOU The capstone: full range, on purpose.

### How to begin

1. Choose your Space and your start month at [humanliteracyinstitute.com/integration-spaces](https://humanliteracyinstitute.com/integration-spaces)
2. Enroll before noon Eastern the day before Day 1.
3. Your access details, orientation video, and everything you need arrive by email.

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