



PRINCIPLES FOR Thriving Beyond The Box

The Guiding Principles of My 'Work'

*I use an integrative approach to the expanding and fine-tuning of living fully, including the relationships with yourself, others, your environment (**personal and professional**) and change itself. Given that everyone learns in their own unique way, I choose to attune to what works for you, and design our collaboration for maximal positive impact, ease and outcome.*

These principles below are my foundation for our co-creating:

1. “You cannot solve a problem in the same state of consciousness which created the problem” (A. Einstein). My coaching includes clear, loving feedback and full body experiential activities designed to invite new possibilities, and states of consciousness. Our ‘work’ together assists you align, attune, fine-tune and integrate the all-ness of who you are, and clarify actions to be taken in support of your BIG GAME intentions.
2. I have chosen a whole-body, whole-mind approach to life change. My coaching is designed to produce sustainable shifts felt in your body and which honor your mind without being limited by it.
3. The practices I employ have been tested in the real world, which is, of course, where I live. I only advocate practices that I have found transformative in my own life and with many clients.
4. I practice resolute and radical honesty in relationships that matter to me, and this includes my clients. In relationships that you choose to grow and deepen, be impeccably honest with your experience and expression of feelings (and your intentions) both with yourself and with whom you are relating.
5. Conscious Committing (the act of gathering your energy and moving in a chosen direction) is required to live in harmony on all levels. All issues/problems stem from being at odds with our actual commitments. Living into conscious commitments weaves our creative energies with our aligned actions.

6. True freedom and fulfillment come from taking 100% responsibility. When people are courageous and claim healthy responsibility, a new level of empowerment emerges as the new 'normal' and life flows with greater ease.
7. My work focuses on appreciation as one of your commitment priorities. The masterful practice of giving and receiving sincere appreciation (self, 'others' and all experiences), raises your joy thermostat (capacity to channel positive life force energy). Changing your game to one of thriving wholeness, flowing purpose and enlivening creative expression requires a foundation of appreciation.
8. Creativity is life force in action. Using your creativity to express feelings is a great way to align yourself with the moment, enhance and fine-tune your life on all levels (physical, mental, emotional, and spiritual).
9. I intend to only use my gifts/talents/and creative power to illuminate, enhance and fine-tune experiences/expressions of ease, thriving wholeness and evolutionary curiosity and creativity.