

NAVIGATING CHANGE: THE PAIN PROBLEM

The REAL Success Method for What's Actually in the Way

RECOGNIZE & RELEASE

Discover how unrecognized PAIN (Projected Anxieties, Insecurities & Narratives) affects every team and individual, anchoring us in place and paralyzing performance and productivity.

REALIGN & RECOMMIT

Explore the practice of consistently reconnecting with what matters most and redirecting your effort and attention to what's within your control.

REFRAME AND RESPOND

Learn a functional framework for navigating change and adversity in real time with clarity and confidence. Anywhere, anytime.



GROUP COACHING



Participants will leave this half-day session with a REAL Success certification in Change Navigation.



PAIN changes everything.



Cut the anchor lines.



Trust your compass.