

Insightful Decision Making

Reach Important Objectives More Quickly by Slowing Down



CoreSelf Coaching for Yourself and Your Team

Getting from where you are to where
you want to be is often **a tough challenge.**





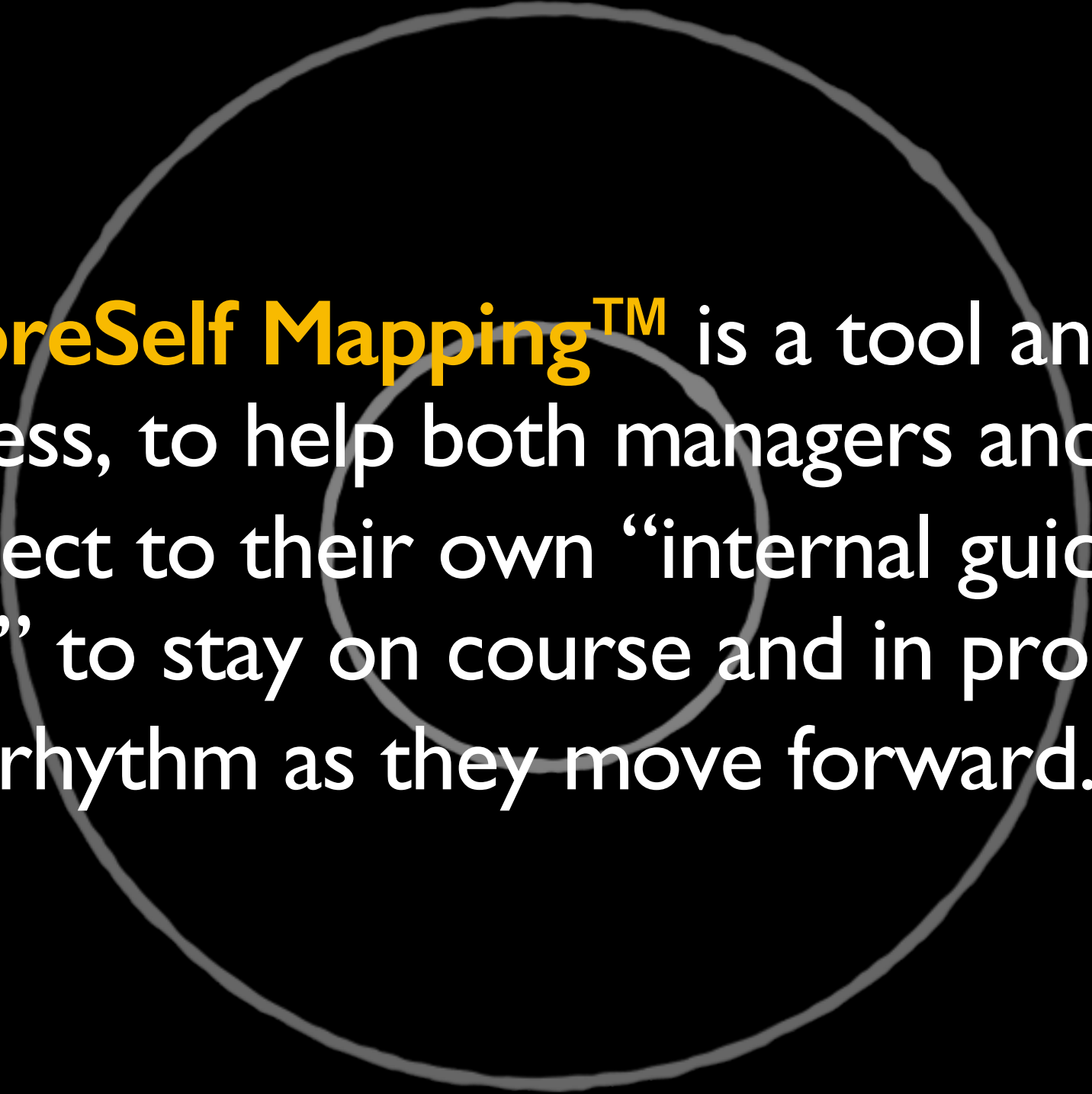
Both as an individual...

and as a team.






When you are charting your course it's helpful to have **a planning tool and/or process** that provides both the big picture and detailed directions.




CoreSelf Mapping™ is a tool and a process, to help both managers and staff connect to their own “internal guidance system” to stay on course and in productive rhythm as they move forward.

Leading up to a race, each team member's role is to get and stay in top physical and mental condition, prepared to play their role in **alignment** with the entire team as the race unfolds.





The CoreSelf Mapping™ process
fosters this alignment by engaging a part
of our consciousness we call the
“Internal Observer.”



The manager's role is to encourage, anticipate and steer past obstacles, and reward high level performance.



Keeping all members of the team **aligned** towards a specific goal is the key to **success**.