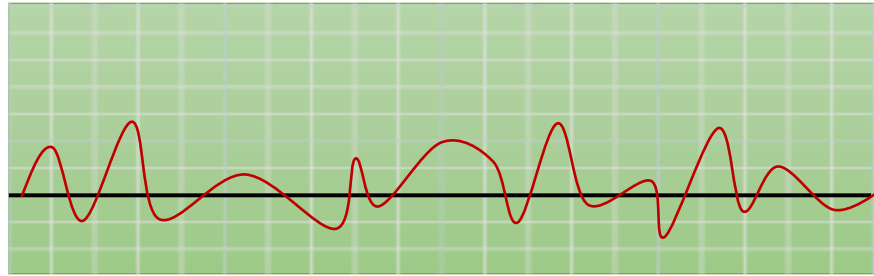


The Science Behind 5 in 5 Performance Coaching©

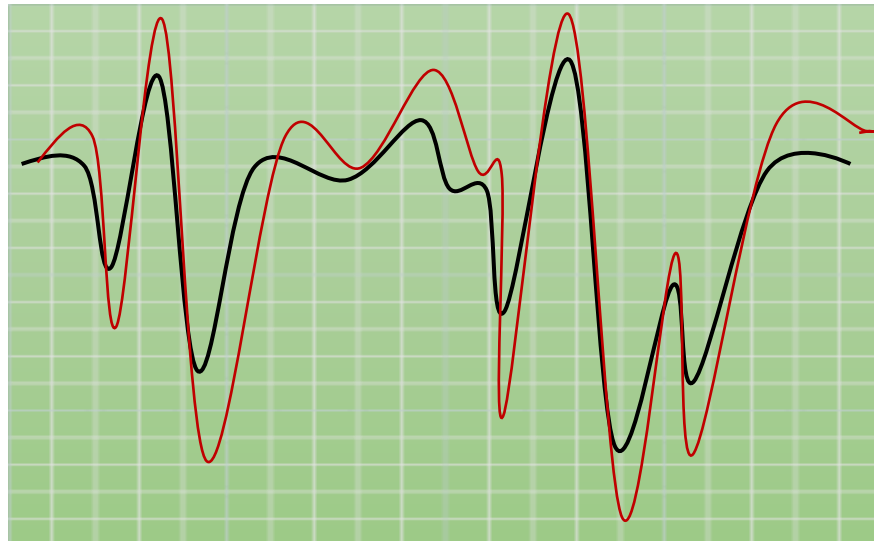
Retrain Your Brain → Manage Your State™

Black = State of Mind

Red = Emotions



When your State of Mind (inner self) is stable, your emotions are in check and you CHOOSE to be less reactive regardless of circumstance.



When your State of Mind (inner self) is unstable, your emotions are out of control and reactive in all circumstances.

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