

Internal Viewing

Mind Map
"I am" (setting goals, dreams)

Masques & roles
(seeing the true person)

Core Process exercise
(Teach them theirs)

Thinking gut & heart exercise (shift in ego & desire) listen to gut in relationships & interviews

Being an enabler
(talking to the core of others)

Unconscious Relationship history (transference, judgements and perceptions)

Courage & Fear
(Awareness of excuses of change and moving with purpose)

The power of language (clean, deletion, constructive feedback and praise)