

TIC TOC

TALK

DIRECTIONS: FOLLOWING A PERFORMANCE WRITE DOWN ANY DISTRACTING THOUGHTS THAT YOU HAD (TIC'S), WHICH CAUSED A DISRUPTION IN CONCENTRATION. ONCE YOU RECOGNIZE THE TIC, REFLECT ON WHAT TOC YOU CAN USE THE NEXT TIME YOU GET THAT THOUGHT:

TIC

TOC

WRITE DISTRACTING THOUGHTS (TIC'S)

WRITE THE NEEDED ACTION (TOC'S)

**WHENEVER YOU GET A TIC (DISTRACTING THOUGHT),
APPLY THE APPROPRIATE TOC (NEEDED ACTION).**

ACTIVITIES

BELOW IS A LIST OF ACTIVITIES AND EXPERIENCES THAT WE USE WITH OUR CLIENTS. THESE WORKSHEETS HAVE BEEN USED WITH ELITE ATHLETES, ENTREPRENEURS, SALES PEOPLE AND MORE.

USE THE MODEL AS YOUR GUIDE TO "EMERGING INTO YOUR ADVENTURE" WHEN IT COMES TO FOCUSING ON YOUR GOALS.

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STRONG SKILLS

STRONG SKILLS MODEL



THE STRONG SKILLS MODEL FOCUSES ON 12 COMPETENCIES FOR HUMAN DEVELOPMENT. OUR MODEL LEVERAGES TRAINING AND COACHING TO PROVIDE OPPORTUNITIES TO LEARN SKILLS AND DEVELOP EACH INDIVIDUAL TO BE THEIR BEST SELF. OUR CLIENTS GET THE POWER OF A GROUP LEARNING EXPERIENCE WITH THE INTIMACY OF A ONE-ON-ONE COACHING EXPERIENCE. THE STRONG SKILLS MODEL IS INNOVATIVE AS IT FOCUSES ON TANGIBLE TAKE-AWAYS TO MAKE THE INTANGIBLE, TANGIBLE.

WE BEGIN WITH SELF-AWARENESS AND END WITH LEADERSHIP. THE MODEL IS BASED ON AN INTENTIONAL FLOW THAT HAS BEEN DESIGNED WITH THE BEST THEORIES AND RESEARCH IN MIND. WE TAKE OUR CLIENTS THROUGH A PROCESS THAT IS DESIGNED TO UNLOCK THEIR POTENTIAL SO THAT THEY CAN GROW THEMSELVES AND IN-TURN GROW THEIR ORGANIZATIONS.

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DOWNLOAD OUR FREE ACTIVITIES WORKBOOK!

ACCESS OUR LIST OF ACTIVITIES, FRAMEWORKS AND EXPERIENCES THAT WE USE WITH CLIENTS. THESE WORKSHEETS HAVE BEEN USED WITH ELITE ATHLETES, ENTREPRENEURS, SALES PEOPLE AND MORE.

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