

A private decision environment for moments when you're stuck

WHAT IT IS

A short, private, **curated process** that changes **how a situation is seen** to make movement possible without forcing anything you don't trust

WHAT IT IS NOT

- **Therapy** (*nothing to fix or mend*)
- **Coaching** (*no pushing, improving, or optimizing*)
- **Consulting** (*not advising or strategizing outcomes*)

We leverage proprietary technology to **shift perspective** and restore agency, so your next move emerges **without pressure, performance, or anxiety**

HOW IT WORKS

3-part, 3-hour, private process over ~30 days

1 - Name

Stop solving the wrong problem

We take time to listen and slow the situation to clarify:

- What you believe the issue is
- What's at stake
- Hidden cost(s) of staying orientated this way

Leave with precise articulation of the real question you face

2 - Map

See what keeps you stuck

We map the mechanism(s) used to navigate uncertainty:

- Once-helpful strategies now limiting possibility
- Loops creating familiar and frustrating outcomes
- Cost(s) of how this orientation extracts over time

Leave with 1-page summary of mechanisms & tradeoffs

3 - Move

Leave with agency and motion

With increased visibility, we reveal choices and identify:

- Viable next steps
- Boundaries to preserve your authenticity
- Tangible actions independent of hope or guarantees

Leave with a set of grounded next steps you can take immediately

WHAT YOU GET

PERSONALLY



Relief from internal stalemate

return of agency when identity, grief, or anxiety freeze motion

RELATIONALLY



A way out of repeating conversations

without forcing resolution, blame, or premature agreement

ORGANIZATIONAL



Decisions Independent from promised futures

an opportunity to rely on 'hope' a little less

Ready to Explore?

Schedule a brief introductory conversation

Questions? Contact:
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