



4-SELF FORMULA™

THE 4-SELF FORMULA™ FOCUSES ON THE FUNDAMENTALS OF CHANGE
TO EMPOWER SELF-AUTHORED CHOICE AND ACTION.

TARGET AUDIENCE:

- Leaders
- Coaches
- Facilitators
- Individual Contributors

COURSE TIME:

8 hours

DELIVERY OPTIONS:

Instructor-Led and Blended

DELIVERY METHOD:

In-person and/or virtual

PAIRS WELL WITH:

- CLEAR Presence™
- Whole Person intelligence™
- CLEAR Essence™
- CREATE CLEAR Change™ Level 1 Coaching Program

Change is a core part of our everyday experience. Having the skillset, toolset, and mindset to navigate transitions is a non-negotiable foundation to support ease and flow of life.

Participants will learn the core elements of self-reflection and self-love by practicing the skills of self-awareness, self-compassion, self-regulation, and self-authorship. By learning the skills of transition, learners identify how to be at their best when operating from a place of self-differentiation.

BY THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

- Identify the key practices to support self in transition.
- Create space for personal learning, caring and sharing, being mindful of what's needed to allow grace and practice vulnerability.
- Understand their personal story, how to define and redefine their path forward, and how their journey of learning impacts expectations, assumptions, and judgements.
- Release old stories and associated baggage related to shame, resentment, regret, rejection, and revenge.
- Exercise trust and self-discipline to live and learn authentically in choice guided by their internal voice every day.
- Appreciate the human condition and the biology of safety.
- Process experiences and apply Whole-Person intelligence™ strategies to understand triggers, and practice impulse control by creating space for wise response.



The 4-SELF Formula™ focuses on the fundamentals of change to empower self-authored choice and action.

REFLECT. CONNECT. TRANSFORM.

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